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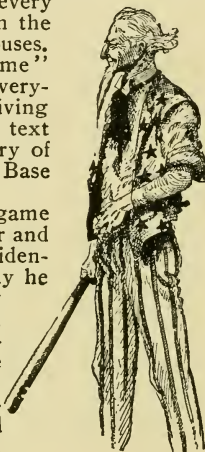
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HUGH NICOL, Director of Athletics, Purdue University, Lafayette, Ind.:—"No one that has read this book has appreciated it more than I. Ever since I have been big enough, I have been in professional base ball, and you can imagine how interesting the book is to me."

MRS. BRITTON, owner of the St. Louis Nationals, through her treasurer, H. D. Seekamp, writes:—"Mrs. Britton has been very much interested in the volume and has read with pleasure a number of chapters, gaining valuable information as to the history of the game."

REV. CHARLES H. PARKHURST, D.D., New York:—"Although I am not very much of a 'sport,' I nevertheless believe in sports, and just at the present time in base ball particularly. Perhaps if all the Giants had an opportunity to read the volume before the recent game (with the Athletics) they might not have been so grievously outdone."

BRUCE CARTWRIGHT, son of Alexander J. Cartwright, founder of the Knickerbocker Base Ball Club, the first organization of ball players in existence, writing from his home at Honolulu, Hawaiian Islands, says:—"I have read the book with great interest and it is my opinion that no better history of base ball could have been written."

GEORGE W. FROST, San Diego, Calif.:—"You and 'Jim' White, George Wright, Barnes, McVey, O'Rourke, etc., were little gods to us back there in Boston in those days of '74 and '75, and I recall how indignant we were when you 'threw us down' for the Chicago contract. The book is splendid. I treasure it greatly."

A. J. REACH, Philadelphia, old time professional expert:—"It certainly is an interesting revelation of the national game from the time, years before it was so dignified, up to the present. Those who have played the game, or taken an interest in it in the past, those at present engaged in it, together with all who are to engage in it, have a rare treat in store."

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SPALDING'S ATHLETIC LIBRARY
GROUP VII, No. 7A

Spalding's Official Basket Ball Guide For Women

EDITED BY
SENDA BERENSON ABBOTT

Formerly Director of Physical Training
Smith College

Official Playing Rules Adopted June, 1899,
at Springfield, Mass.; Revised by Executive
Committee of the Basket Ball Rules Com-
mittee, October 23, 24, 1905, at New York
City; Revised September, 1908; Revised
September, 1910; Revised September, 1911;
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1913-1914

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Editorial

It is most encouraging to learn each year that the BASKET BALL GUIDE FOR WOMEN is being used more and more widely over the country, and not only in this country but in far remote regions. I take the liberty of quoting from a letter received last June from Mr. Gunn of Sydney, Australia:

"Our Australian basket ball players are deeply interested in the GUIDE and they follow closely the rules and suggestions laid down in it. We have an association which controls matches and tournaments and generally controls and encourages the formation of new clubs. It has a pennant competition in progress at present—eight teams taking part. The three matches which I had the pleasure of watching were keenly played and very evenly contested. The spirit in which the last match was played was splendid and a very clean and open game resulted—no need to warn for roughness and no arguing with the referee—*every girl was out for the fun and enjoyment of play.*" (The italics are ours.)

It is particularly gratifying to note the tone of clean sport and sane athletics that runs through this letter. If every girl in this country in playing basket ball were "out for the fun and enjoyment of play" we should not have so many misunderstandings with coaches and referees. If coaches had constantly in mind the ideal of teaching a clean, open, recreative game, they would add much to the health and vitality of the players and to the good name of basket ball.

We have received a number of suggestions for changes of some of the rules. We beg to acknowledge them all, with thanks, for they all have shown a real interest in the development of the game. Some of these changes we have adopted, some we are to "try out" this season in a number of schools and colleges, to prove their value, others we feel could be of benefit only in small localized districts. This game is not meant for a few women of extraordinary strength, but for many thousands of average strength.

Our sincere thanks are due to our contributors for their very helpful articles. The editor's special thanks are due to Miss Kissock—Instructor in charge of basket ball at Smith College—for valuable information for the article on basket ball at that institution.

THE EDITOR.

5.00 20/11/13

1913/14

Publishers' Notice

Spalding's Official Basket Ball Guide for Women is now an annual publication, containing the new rules, revised by a competent committee, with such changes as the previous season's experience warrants. The Rules Committee has made every effort to present these rules in as simple and as clear a manner as possible, so that a beginner, by careful studying, might almost play the game, technically, as well as it should be played. Women's basket ball—and men's, for that matter—should be a clean, healthy and wholesome game. While the rules are clear and explicit as to the conduct of the game, that fact will not stop roughness, trickery or deceit on the part of those who seek to take an undue advantage, and this is where the necessity of competent officials presents itself. The game should be played for the love of it, for the good fellowship it engenders, and the idea that the final score is all that counts should be eliminated. It is the duty of coaches to impress these facts upon those in their charge.

Although, as previously stated, every effort has been made to simplify the rules as much as possible, still points will arise that need explanation, and it will be the pleasure of the publishers to render any help to those desiring it.

The publishers will also be pleased to receive for next year's Guide suggestions from anyone connected with a girls' school, or reports showing how the game has improved and to what extent it has become a feature of physical training in women's educational institutions.

AMERICAN SPORTS PUBLISHING CO.,

21 Warren Street, New York.

Preface

Basket ball as a game for women and girls needs no longer to struggle for existence. It is played by tens of thousands all over the United States. It is an important factor in the recreative sports for women in Europe, Japan, Australia, and has been introduced even among the women in Turkey.

It has had its vicissitudes—its moment of too great popularity—its fight against roughness and ignorance, and has emerged triumphant. If played by girls who are intelligently supervised, it remains to-day what it always has been—the ideal game for women.

We still would urge the importance of an examination by a physician for each player—the superiority of women coaches for women—the greater realization by coaches of their privilege in developing the sense of the joy of living, fair play, and loyalty as well as health and grace in their players.

We still would point to the danger of over-fatigue which comes from playing the game too often or too long at one time. All the symptoms of malnutrition and lack of vitality seen in people who take no exercise are found in people who over-exercise. Each year one or two students enter Smith College who have been distinctly injured by over-exertion in basket ball played in the lower schools under careless supervision or no supervision at all. Girls should never be allowed to continue the game at any one period more than thirty minutes of actual playing time or play it more than twice a week.

We get encouraging proof each year of the increasing spread of these rules. We still wish, however, that every one who has the best interests of recreation for women at heart would urge all who play basket ball under any other rules to adopt these for one season. No other game so popular is played with so many

petty modifications. Surely it is time for all of us who believe in basket ball to unite in one set of rules.

Those adopted in this pamphlet are the result of the experience of twenty years. We feel they are as perfect as we have thus far been able to make them. We are open, however, to any suggestions that may still make for a better game. All suggestions sent to us are most carefully considered and those are adopted which may better the game for the many thousands who play it all over the world under all sorts of conditions and varying environments.

All suggestions and questions in regard to the rules should be sent either to Mrs. Senda Berenson Abbott, Northampton, Mass., or Miss Julie Ellsbee Sullivan, 21 Warren Street, New York.

THE EDITOR.

Executive Committee on Basket Ball Rules

MRS. SENDA BERENSON ABBOTT,
Chairman.

Formerly Director Physical Education, Smith College.

MISS JESSIE H. BANCROFT,
Assistant Director Physical Training Public Schools of Greater
New York

MISS JOSEPHINE BEIDERHASE,
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York, and Executive Secretary Girls' Branch,
Public Schools Athletic League.

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Director Physical Education Public Schools of Greater New York,
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Editor Official Collegiate Basket Ball Guide.

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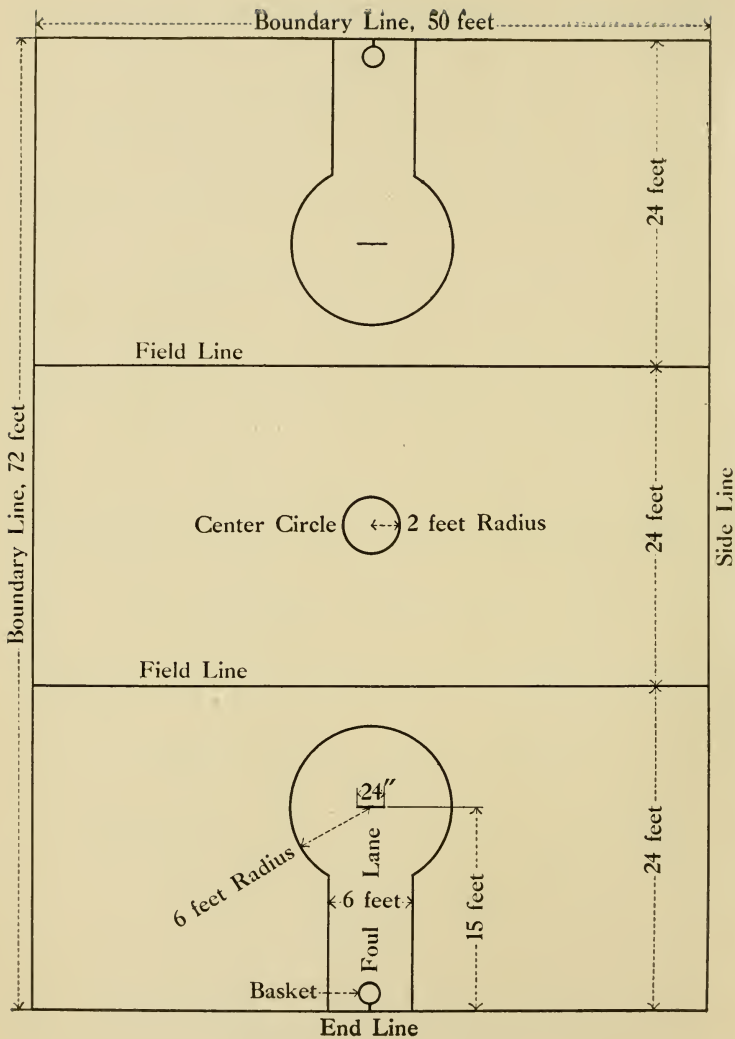


DIAGRAM OF FIELD OF PLAY.

Women's Official Basket Ball Rules

Adopted June, 1899, at Springfield, Mass.; Revised by Executive Committee of the Basket Ball Rules Committee, October 23, 24, 1905, at New York City. Revised September, 1908; Revised September, 1910; Revised September, 1911; Revised September, 1912; Revised September, 1913.
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RULE I.

SECTION 1. Basket Ball may be played on any **GROUND.** grounds free from obstruction, said grounds not to exceed 6,000 square feet of actual playing space.

SEC. 2. There shall be a well defined line marked **Boundary lines.** around the floor or field. The side boundaries shall be at least three feet from the wall, fence or other obstruction. The end boundaries shall be directly below the surface against which the goal is placed. This line shall form the boundary of the field of play. Upon agreement by both teams the boundary lines may be dispensed with.

SEC. 3. The field shall be divided into three equal **Division lines.** parts by field lines, parallel to the end boundary lines.

SEC. 4. The field shall be laid out as per diagram on preceding page.

SEC. 5. When, however, the playing floor consists of less than 2,500 square feet the field may be divided into two equal parts by one field line, parallel to the end boundary lines. If the field is divided by one field line, centres only may run from one field into the other, but they may not throw for goal from the field or the foul lines. (See page 49.) **NEW RULING.**

NOTE—If one division line is used, centres must wear conspicuous emblems to mark them from the other players.

NOTE.—"Spalding's Official Basket Ball Guide" for men, edited by George T. Hepbron, containing the official rules, is published in Spalding's Athletic Library No. 7.



PLATE I.—STARTING BALL IN CENTRE.

RULE II.

SECTION 1. The ball shall be spherical; it shall be made of a rubber bladder covered with a leather case; it shall be not less than 30 nor more than 32 inches in circumference; the limit of variableness shall not be more than one-fourth of an inch in three diameters; it shall weigh not less than 18 nor more than 20 ounces.

BALL.

Size of Ball.

SEC. 2. The ball shall be provided by the home team; except in serial championships, when it shall be furnished by the championship committee; it shall be tightly inflated and so laced that it cannot be held by the lacing, and shall otherwise be in good condition.

Who provides the ball.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be packed in sealed boxes.



SEC. 4. The official ball must be used in all match games. The REFEREE may in all match games and shall in serial championships declare all games void when this rule is violated.

Official ball to be used in match games.

RULE III.

SECTION 1. The baskets shall be hammock nets of cord, suspended from metal rings 18 inches in diameter (inside). The rings shall be placed 10 feet above the ground in the centre of the short side of the actual playing field. The inside rim shall extend 6 inches from a rigid supporting surface.

BASKETS.

SEC. 2. In case the supporting surface is not a wall of the building, a special background must be provided, which shall measure at least 6 feet horizontally and 4 feet vertically, and extend not less than 3 feet above the top of the basket. It may be of any solid material, but must be *permanently* flat, perpendicular and rigid.

Background.

Solid material.



PLATE II.—OVER GUARDING. (WRONG GUARDING.)

SEC. 3. The baskets shall be rigidly supported. There must be no projections beyond the sides nor above the upper edge of the basket.

SEC. 4. The baskets made by A. G. Spalding & Bros. shall be the official baskets.

SEC. 5. The official baskets must be used in all match games. The REFEREE may in all match games and shall in serial championships declare all games void when this rule is violated.

SEC. 6. No spectators or others shall be permitted nearer than six feet to the baskets in any direction. The REFEREE shall see that this rule is enforced.

RULE IV.

SECTION 1. Teams shall number not less than *five* nor more than *nine* members.

(NOTE—Those who are playing the position of home must stay in their own home section, except during the "time out" or between halves. Those playing the position of centre must stay in the centre section and those playing the position of guard must stay in their respective sections except during "time out" or between halves.)

RULE V.

SECTION 1. The officials shall be a REFEREE, an UMPIRE, a SCORER, a TIMEKEEPER and two LINESMEN.

SEC. 2. Except when one division line is used, the number of officials may be changed to a REFEREE, two UMPIRES, a SCORER, a TIMEKEEPER and four LINESMEN, upon agreement by both teams.

RULE VI.

SECTION 1. The REFEREE in all cases must be a thoroughly competent and impartial person, and shall not be a member of either of the competing organizations.

OFFICIAL BASKET.

Official baskets to be used in match games.

Spectators six feet away.

TEAMS.

Position of players.

OFFICIALS.

NEW RULING.

REFEREE.

Referee an outsider.

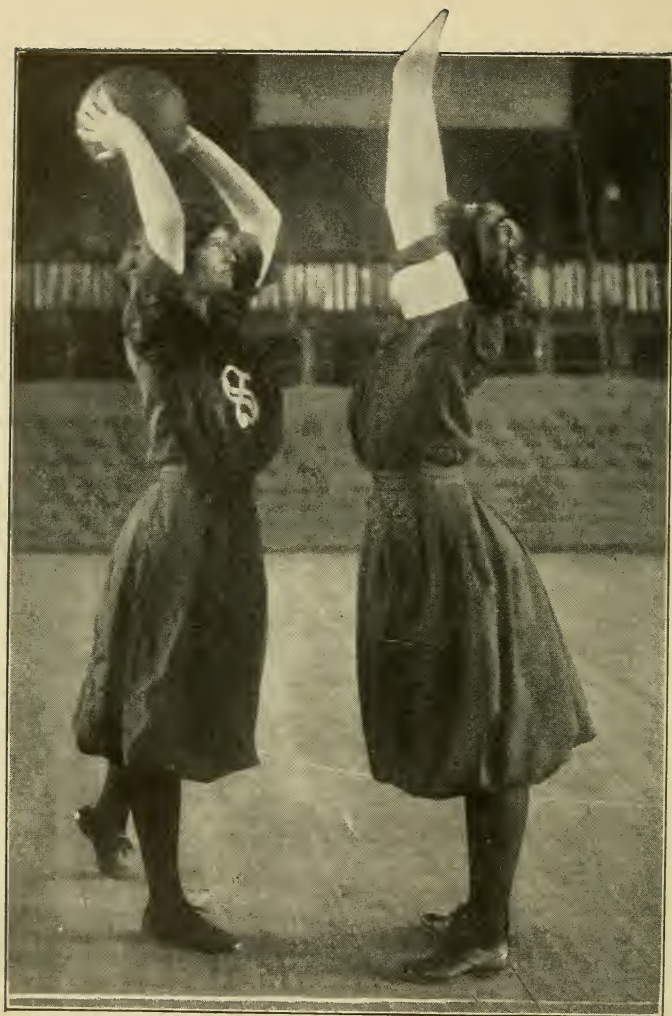


PLATE III.—CORRECT GUARDING.

SEC. 2. In all but serial championship games the visiting team shall choose the REFEREE, but shall notify the home team before the day of the game. Any team neglecting to send such notification within the limit specified shall forfeit the right to appoint the REFEREE. In all serial championship games the REFEREE shall be selected by the championship committee.

SEC. 3. Before the game begins the REFEREE shall see that the regulations respecting the ball, baskets, grounds and spectators are adhered to. (Rule III, section 6.) By mutual agreement of the CAPTAINS, the REFEREE may allow alterations in the rules regarding extent of boundary or side lines and time of halves, but not regarding rules for goal, ball, teams or spectators. The REFEREE shall ascertain before the commencement of the game the time for beginning or any other arrangements that have been made by the CAPTAINS or committee in charge.

Alterations in rules, about grounds and time.

SEC. 4. The REFEREE shall be judge of the ball. He shall decide when the ball is in play, to whom it belongs, when a goal has been made, *and have power to call all fouls provided for in the rules.*

REFEREE IS JUDGE OF THE BALL.

Referee decides when ball is in play and when goal has been made and may call all fouls.

SEC. 5. The REFEREE shall approve of the SCORERS, TIMEKEEPERS and LINESMEN before the game begins.

SEC. 6. Whenever the ball is put in play by tossing it up the REFEREE shall stand so that he shall throw the ball in a plane at right angles to the side lines.

Ball; how put in play.

SEC. 7. The REFEREE shall call time when necessary by blowing a whistle.

How to call time.

SEC. 8. No player but the CAPTAIN shall address any official. The REFEREE shall call a foul for violation of this rule. (Rule XII, section 3b.)

Referee calls foul on player who speaks to officials.



PLATE IV.—GUARDING ROUND. (WRONG GUARDING.)

SEC. 9. The REFEREE is the superior officer of the game and shall decide all questions not under the jurisdiction of the other officials, but he shall have no power to alter the decisions made by the other officials when these are in regard to matters under their jurisdiction. Referee cannot alter decision of other officials.

SEC. 10. The REFEREE'S term of office shall only extend from the time the game begins until it is concluded, and his decision awarding the game must then be given. His jurisdiction shall then end and he shall have no longer any power to act as REFEREE. Referee has no power after game.

SEC. 11. The REFEREE puts the ball in play. (Rule XII, sections 4, 5, and 6.) Duties of the Referee.

SEC. 12. Makes all decisions on violations of Rule XII, section 5.

SEC. 13. Decides when a goal has been made. (Rule XII, section 30.)

SEC. 14. Indicates the two players nearest the ball when time was called and who are to jump for it when play is resumed. (Rule XII, section 7.)

SEC. 15. Throws ball up when it is held by two or more players for any length of time. (Rule XII, section 22a.)

SEC. 16. Indicates which player had her two hands on the ball first (Rule XII, section 21c.)

SEC. 17. Awards point to opposing team when basket is touched. (Rule XII, section 31.)

SEC. 18. Awards point to opposing team for three guarding fouls at basket. (Rule XII, section 33.)

SEC. 19. Makes decisions in Rule XII, sections 30-36.

SEC. 20. Decides on violations of Rule XII, section 37.

SEC. 21. Decides whether ball was in the air when



PLATE V.—CORRECT GUARDING.

whistle sounded and whether goal counts. (Rule XII, section 32.)

SEC. 22. Decides whether goal thrown by team making a foul counts. (Rule XII, section 34.)

SEC. 23. When whistles of two or more officials are sounded simultaneously, the one calling attention to a foul shall take precedence.

SUGGESTION.—That whistles of different pitch be used.

SEC. 24. Makes decisions on goals thrown according to Rule XII, section 35.

SEC. 25. Blows whistle when ball goes out of bounds. (Rule XII, section 11.)

SEC. 26. Makes decisions when ball is caused to go out of bounds. (Rule XII, section 12.)

SEC. 27. Decides when player has held the ball more than five seconds out of bounds. (Rule XII, section 16.)

SEC. 28. Decides when game has been won by default according to Rule XII, section 39.

SEC. 29. Decides when game has been won by default according to Rule XII, section 40.

SEC. 30. Announces score of a defaulted or forfeited game. (Rule XII, section 42.)

SEC. 31. Disqualifies for rough play or for four fouls of same kind. (Rule XII, section 25.)

SEC. 32. Calls fouls for persistent or intentional delays. (Rule XII, section 3a.)

SEC. 33. Calls fouls when following rules are violated: Rule XII, sections 4, 6. Referee calls fouls.

SEC. 34. Referee *alone* may call "time out" and "time" at end of halves. (Rule IX, section 3.)

SEC. 35. The REFEREE is the superior officer of the game and shall decide all questions not covered by these rules.



PLATE VI.—CORRECT WAY TO GUARD AT WALL.

RULE VII.

SECTION 1. The UMPIRE in all cases must be a thoroughly competent and impartial person and shall not be a member of either of the competing organizations.

SEC. 2. In all but serial championship games the home team shall choose the UMPIRE, but shall notify the visiting team of such selection before the day of the date fixed for the game. A team neglecting to send such notification within the time specified, shall forfeit to the visiting team its right to appoint the UMPIRE. In serial championship games the championship committee shall appoint the UMPIRE.

SEC. 3. The UMPIRE shall be judge of the players, shall make decisions and call fouls as follows: UMPIRE call fouls for violations of Rule XII, sections 9, 10, 18, 19, 21*b*, 21*d*, 23, 24, 25, 43, 44, 45.

SEC. 4. When two UMPIRES are used, the UMPIRES shall make their decisions independently of each other, and a foul called by one shall not be questioned by the other.

SEC. 5. Whenever a foul is made the UMPIRE shall blow a whistle, indicate the offender, and announce the nature of the foul, so that the offender, the SCORER and the spectators can hear it.

UMPIRE.Umpire,
Outsider.**UMPIRE IS
JUDGE OF
PLAYERS.**Umpire calls these
fouls.Umpires not to
question each
other's decisions.Whistle blown on
foul.

RULE VIII.

SECTION I. The SCORER shall be appointed by the management of the home team, subject to the approval of the REFEREE. If the visiting team so desires they may appoint an ASSISTANT SCORER, subject to the approval of the REFEREE. The ASSISTANT SCORER shall have no power to make decisions and shall perform such duties as are assigned by the SCORER. The SCORER'S

SCORER.



PLATE VII.—“BOXING UP.” (WRONG GUARDING.)

record is the only official score. In serial championship games the SCORER and his assistant shall be appointed by the Championship Committee, and their relation to each other shall be the same as the foregoing.

SEC. 2. The SCORER, before the commencement of the game, shall secure from the management of each team a list of their players, with their positions.

Scorer to get names.

SEC. 3. He shall notify the REFEREE when a player shall be disqualified according to Rule XII, section 25*b*.

Scorer must notify referee about disqualifying players.

SEC. 4. Match games shall be scored according to the details on the model score card, page 97 of this pamphlet, and this shall constitute the official record of the game.

Official score.

SEC. 5. The use of blackboard, cards, etc., to announce the score to spectators, shall be in charge of the SCORER or one of his assistants and only the official score shall be announced thereon. In case of mistake on the board, cards, etc., it shall be corrected according to the record on the official score card.

Blackboards, cards, etc., for announcing score, to be in charge of official scorer.

RULE IX.

SECTION I. A TIMEKEEPER shall be appointed by the management of the home team, subject to the approval of the REFEREE. If the visiting team so desires they may appoint an ASSISTANT TIMEKEEPER, subject to the approval of the REFEREE. The ASSISTANT TIMEKEEPER shall have no power to make decisions, and shall perform such duties as are assigned by the TIMEKEEPER. The TIMEKEEPER'S record is the only official time. In serial championship games, the TIMEKEEPER and his assistant shall be appointed by the Championship Committee, and their relation to each other shall be the same as the foregoing.

TIMEKEEPER.



PLATE VIII.—GUARDING WITH HAND TOUCHING BALL.
(WRONG GUARDING.)

SEC. 2. He shall note when the game starts and shall blow his whistle indicating the expiration of the actual playing time in each half.

SEC. 3. Time consumed by stoppages during the game shall be deducted only on order of the REFEREE. Time involved in making "free throws," etc., shall not be considered stoppages.

Time out only on referee's order.
Time not deducted for "free throws."

Only the Referee may call "time" at end of halves. (Rule VI, section 34.)

RULE X.

SECTION 1. The LINESMEN shall be appointed by the management of the home team and subject to the approval of the REFEREE.

SEC. 2. There shall be two LINESMEN; one from each side. (Rule V, section 2.)

SEC. 3. The LINESMEN shall stand at the ends of the division lines. Their particular places shall be assigned them by the REFEREE.

Position of
Linesmen.

SEC. 4. The LINESMEN shall be judges of fouls made by stepping on or crossing over the field lines, or touching the field lines or the ground beyond with any part of the body or clothing, and shall call such fouls.

Linesmen call Line
Fouls.

RULE XI.

SECTION 1. CAPTAINS shall be indicated by each team previous to the commencement of a match; they must be players in the game.

CAPTAINS.

SEC. 2. The CAPTAINS shall be the representatives of their respective teams.

SEC. 3. The CAPTAINS shall toss for choice of baskets and be entitled to call the attention of the officials to any violation of the rules which they think have been made.

Captains speak to
officials.

SEC. 4. Before the commencement of a match each captain shall furnish the SCORER with a list of her players with their positions.



PLATE IX.—THREE PLAYERS HOLDING BALL; TWO ON SAME TEAM. (WRONG PLAY.)

RULE XII.

SECTION 1. The game shall consist of two halves of fifteen minutes each, with a rest of ten minutes between the halves. This is the time of actual play. These times may be changed by agreement of CAPTAINS and REFEREE except in serial championship games, in which case the Championship Committee shall make the change if necessary.

SEC. 2. The teams shall change baskets at the end of the first half.

SEC. 3a. Any persistent or intentional delay of the game shall be counted as a foul against the team so delaying. The REFEREE shall call this foul.

(EXAMPLE—"Failing to get up as soon as possible after having fallen down," when in possession of the ball.)

SEC. 3b. No player but the CAPTAIN shall address any official. The REFEREE shall call a foul for violation of this rule.

SEC. 4. At the opening of the game, at the beginning of the second half, after each goal, and at such other times as hereafter provided, the REFEREE shall put the ball in play at the centre. Whenever the ball is put in play at the centre the players who are to jump for same must keep both feet within the circle, and the REFEREE shall toss the ball up in a plane at right angles to the side lines to a greater height than either of the centre players can reach by jumping and so that it will drop between them. Sec. 3a may be applied when players delay game by not coming to centre promptly or by stepping out of circle before or during jumps. (Plate I.)

SEC. 5. When the REFEREE puts the ball in play at centre, he shall blow his whistle when the ball reaches its highest point, before which neither of the jumping centres must touch it. If the ball is

Time of halves.

Persistent or intentional delay of game.

Ball, how and when put in play at centre.

Ball to be touched first by one or both jumping centres.



PLATE X.—“TIE BALL.”

batted to outside by one of the centres it shall be given to an opponent out of bounds. When batted to outside by both centres simultaneously it shall be thrown up between the two players indicated by the REFEREE at the place where it left the field of play. The ball may be caught or batted by either one of the jumping centres.

SEC. 6. Whenever the ball is put in play other than in the centre, the players who are to first touch the ball must not stand further than two feet from the spot indicated by the REFEREE where the ball is to fall and they must have both feet together until the jump is made. If this rule is violated, section 3a may be applied by the REFEREE.

SEC. 7. If the ball is in bounds when "time" is called the REFEREE shall stand between the players and the nearer side line and put the ball in play by tossing it up in such a manner that it will drop near the spot where it was when "time" was called. The two opponents nearest this spot when time was called shall be the first to touch the ball after play is resumed. They shall be indicated by the REFEREE. If, however, the ball is held in tie (Rule XII, section 22) between the centre and forward or guard (i. e., over the field line) the ball shall be tossed up between the centre and her centre opponent indicated by the REFEREE.

SEC. 8. If the ball is out of bounds when "time" is called, play shall be resumed at the whistle of the REFEREE just as if time had not been called.

SEC. 9. A player shall not advance with the ball while in bounds, nor across the line to out of bounds with one or both feet. She must play the ball from the spot on which she catches it. Allowance is to be made for one who catches it while running, provided she throws it at once or stops as soon as possible. If in the judgment of the REFEREE she stops as soon

NEW RULING.

Players who
"jump" for ball
must stand with
both feet together.

When "time" is
called, ball in
bounds.

When "time" is
called, ball out
of bounds.

Ball not to be
carried.



PLATE XI,—FREE THROWING.

as possible and at the end of the run she has one foot over the boundary line, touching the floor on the outside, no action shall be taken if she immediately withdraws the foot that is over the line, but if she carries the foot that is inside the field of play to the floor on the outside so that both feet are outside the field of play, the ball shall be given to an opponent out of bounds. This shall not be interpreted as interfering with a player's turning around without making progress as long as she keeps one foot in place. The REFEREE or UMPIRE shall call a foul for violation of this rule.

(NOTE—At no time may a player touch the field line with any part of her body or clothing.)

SEC. 10. When a ball has been caught it must be thrown within three seconds and according to sections 9 and 45. The ball may be bounced once only, with one or both hands, and at least as high as the knee. This does not interfere with a player's throwing for goal twice or more in succession, even if no other player touches it between times. The UMPIRE or REFEREE shall call a foul for violation of this rule.

**NEW
RULING.**

NOTE—The top of the ball must reach at least as high as the knee in bouncing. This ruling is made so that an opponent may get some opportunity of catching the ball. It also prevents playing close to the floor.

SEC. 11. The ball is out of bounds only when it has completely crossed the line and is either touching the floor or in the possession of a player who has one or both feet outside, except as provided for in section 9.

When the ball is out of bounds.

SEC. 12. When the ball is caused to go out of bounds in any manner intentionally or unintentionally (except in violation of section 9) and remains there, the REFEREE shall give it to the opponents

When the other side is awarded the ball after going out of bounds.



PLATE XII.—LINE FOUL; FOOT ON LINE,

of the girl who touched it last and to the player nearest the point where it left the field of play.

SEC. 13. The ball may be thrown into the field of play in any direction, from *any spot* (outside of bounds) *on a line drawn at right angles to the boundary line at the point where the ball crossed it.* The ball may be thrown into the field of play, and must be played by some other player before the player who passed it in can again play it. When either of these rules is violated the REFEREE shall give the ball to the opponent at the same spot.

How to throw ball in from out of bounds.

To be played by another player.

SEC. 14. In case of a doubt in the mind of the REFEREE as to which side touched the ball last, it shall be tossed up between two players indicated by the REFEREE, five feet within the boundary lines on a line with the point where it left the field of play.

When an "out of bounds" ball is tossed up.

SEC. 15. When the ball goes out of bounds and immediately returns, play shall continue whether or not it was touched while out of bounds, except if the whistle of the REFEREE is blown. The ball shall then be put in play as though it had not returned to the field of play.

When ball rolls or bounces in again from out of bounds.

SEC. 16. A player is allowed five seconds to hold the ball out of bounds. A player must not step over the boundary line until after she has played the ball, and if, in the judgment of the REFEREE, either of these rules is violated, the REFEREE shall give the ball to an opponent at the original spot out of bounds.

Five seconds to hold ball out of bounds.

SEC. 17. There shall be no interfering with the player who is returning the ball: that is, no part of the person of her opponent shall be outside of the field of play, and the ball may not be touched until it has crossed the line. If either of these rules is violated the REFEREE shall return the ball to the

Interfering with thrower-in.



PLATE XIII.—LINE FOUL; TOUCHING ON THE LINE.

player who had it and have it again put in play at the original place.

SEC. 18. *All guarding must be done in the vertical plane.* Guarding fouls. Fouls under this rule are:

a. Guarding over opponent's person or over ball. (Plates II and III.)

b. Guarding round opponent's person. (Plates IV and V.)

c. Guarding two hands at the wall. (See Rule I, section 2.)* (Correct guarding, Plate VI.)

d. Guarding: boxing up. (Plate VII.)

(NOTE—"Boxing up" is done when two players guard an opponent who is trying for goal, one in front and one behind.)

e. Guarding with hand touching ball. (Plate VIII.) REFEREE and UMPIRE call these.

SEC. 19. There shall be no tackling, holding or pushing of an opponent, with or without the ball. The hands or arms shall not be used in any way to interfere with the progress of a player who has not the ball. Grasping the clothing of a person or player with the hands or putting one or both arms about a player shall be called holding. The REFEREE or UMPIRE shall call a foul for violation of this rule. Holding, etc.

SEC. 20. The opponent of a player who has the ball may stand firm and guard rigidly.

SEC. 21. a. When catching a ball two hands are necessary to secure it. This does not prevent a player from *throwing* the ball with one hand. Two hands necessary to secure ball.

b. A foul shall be called on a player who puts her hand on the ball after an opponent has secured it. (Plate VIII.) This foul may be called by REFEREE or UMPIRE.

c. REFEREE decides which player first gained possession of the ball.

* This is inserted to remind players that "upon agreement by both teams the boundary lines may be dispensed with."



PLATE XIV.—CORRECT WAY OF PICKING UP BALL OVER LINE.

d. Not more than one player of each team shall place two hands upon the ball at the time it is being disputed with an opponent. Violation of this rule is a foul and shall be called by REFEREE or UMPIRE. (Plate IX.)

No more than one player of each team on ball.

SEC. 22. a. In case of doubt in the mind of the REFEREE as to which player of opposing team first put her two hands on the ball, it shall be called a "Tie Ball." (Plates IX and X.) The whistle shall be blown, play stopped, and the ball tossed up between them. (Rule VI, section 6.)

Tie Ball.

b. The ball may be thrown or batted in any direction with one or both hands.

SEC. 23. In no case may a player attempt to remove the ball from the hands of an opposing player, either by *snatching* or *battling* it. The REFEREE or UMPIRE shall call a foul for violation of this rule.

Snatching or battling ball from an opponent's hands not allowed.

SEC. 24. The ball may not be held *by one player* longer than three seconds inside of bounds. The REFEREE or UMPIRE shall call foul for violation of this rule. If the player has fallen down, the three seconds are counted from the time she has regained her feet. Section 3a may be applied if player does not get up as soon as possible.

Ball held three seconds only.

SEC. 25. a. The ball shall not be kicked or struck with the fists. The REFEREE or UMPIRE shall call a foul for violation of this rule.

Kicking or striking ball not allowed.

b. There shall be no shouldering, pushing, tripping, striking, kicking or intentional or unnecessary roughness of any kind. The REFEREE or UMPIRE shall call a foul for violation of this rule. The REFEREE may for the first, and shall for the second offence, disqualify the offender for that game and for such further period as the Committee in charge shall determine. (*Three guarding fouls of the same kind or three line fouls shall warn and four*

Roughness will disqualify.



PLATE XV.—PERMISSIBLE WAY OF REACHING OVER LINE FOR
BALL.

shall disqualify a player.) A foul is a violation of the rules, whether committed unintentionally, ignorantly or otherwise. The fact that a foul is made is the only guide for the officials in calling the same. The REFEREE has power to disqualify for violation of this rule whether foul was called or not.

SEC. 26. A substitute shall be allowed for a player who has been disqualified, and the foul made by her shall be counted.

Substitute allowed for disqualified player.

SEC. 27. Whenever, because of sickness or accident to a player, it becomes necessary for the REFEREE to call "time," play must be resumed in five minutes. If the injured player is unable to resume play by that time, a substitute shall take her place, or the game starts at once without her. If it becomes necessary for any reason to change the players the REFEREE may upon notice from the captain call "time" for the substitution, providing the SCORER has been notified and the new player is ready to start at once. Sec. 3a may be applied when necessary. By mutual agreement of captains the REFEREE may allow the positions of the players to be changed *between* the halves or if for a substitution during the halves. A player once removed from the game cannot play again during that game.

Five minutes for "time."

Players to be changed only after the Referee and Scorer have been notified.

SEC. 28. A game must be decided by the winning of the most points in thirty minutes playing time, or the amount of time agreed upon *previously* by captains and REFEREE, except in case of a tie.

Playing time of game.

SEC. 29. In case of a tie the game shall continue (without exchange of baskets) until either side has made 2 additional points. The goals may be made either from field or foul line, the team first scoring 2 points wins. In case of a tie and both teams make the second points simultaneously through both teams

Requires two points to win in case of tie.

Scoring two points simultaneously.



PLATE XVI.—HANDING THE BALL. (FOUL.)

scoring on double fouls, the game shall continue, as provided for in section 38.

SEC. 30. A goal made from the field shall count as 2 points; a goal made from a foul shall count as 1 point; a goal thrown shall count for the side into whose basket the ball is thrown, even though it was done by mistake. To constitute a goal, the ball must enter and remain in the basket until after the REFEREE'S decision, except when baskets with open bottoms are used.

Scoring of goals.

What constitutes a goal.

In this case the ball must enter and pass through the basket to constitute a goal, in accordance with the judgment of the REFEREE.

SEC. 31. If the basket or ball is touched by an opponent when the ball is on the edge of the basket, the REFEREE shall award 1 point to opposing team.

Basket or ball touched by opponent.

SEC. 32. If a player throws for the basket and the REFEREE decides the ball had left the players' hands when the whistle of the REFEREE, UMPIRE or TIMEKEEPER or LINESMAN sounded, and the throw results in a goal, it shall count.

Goal counts if whistle is blown when ball is in the air.

SEC. 33. If a player while trying for goal is fouled three times by the opposing team, the REFEREE shall award 1 point to the team whose player was fouled, and if the player succeeds in making a goal, it shall also count in accordance with Sec. 32. This shall not interfere with a free throw after each of the three fouls. (Rule XII, section 36.)

One point extra awarded at basket.

SEC. 34. A goal thrown before the whistle can be blown for a foul *made by the team throwing it* shall not count. The REFEREE makes decisions on this rule.

Goals affected by fouls.

SEC. 35. When a player makes a throw for the basket and the REFEREE decides that part of her person was touching the floor out of bounds, if a

Goal from outside.



PLATE XVII.—“BUNCHING.” (BAD PLAYING.)

goal is made it shall not count; if not made, the ball shall be considered in play.

SEC. 36. When a foul has been made the opposite side shall have a free throw for the basket at a distance of fifteen feet from a point on the floor directly beneath the centre of the basket, measuring towards the opposite basket. The player having a free throw shall not cross the fifteen-foot line until the ball has entered or missed the basket. The ball cannot be thrown to any person, but must be thrown at the basket. If this rule is violated a goal, if made, shall not be scored and if missed the ball shall be dead and put in play in the centre. The REFEREE makes the decisions for violations of this rule. (Plate XI.)

Free throw mark.

Thrower must not cross mark.

Ball to be thrown at basket.

(NOTE—*The forwards only may throw from fifteen-foot line.*)

SEC. 37. No player shall stand nearer than six feet to the thrower, nor in a lane six feet wide from the thrower to the basket, nor interfere with the ball until after it reaches the basket. The player shall not be interfered with in any way whatever, either by players or spectators. If this rule is violated by one of the opposite team, *or by spectators*, she shall have another free throw. If violated by one of her own team, or by a player from each team, and a goal is made, it shall not count, and whether missed or made, the ball shall be thrown up in the centre. If the goal is not made and no rules have been violated the ball shall be in play. The players must stay back of the line until the ball has entered or missed the basket. The REFEREE makes the decisions for violations of this rule. (Plate XI.)

Six-foot lane for players. Penalty for crossing line before ball reaches basket.

SEC. 38. When two or more fouls are called at the same time on opposite teams, they shall be thrown in succession and the ball shall be put in play at the centre after the last throw. When two or more fouls

Two fouls at once.



PLATE XVIII.—SIDE THROW.

are called at the same time on one team, they shall be thrown in succession. If a goal is made on the last throw, the ball shall be put in play, at the centre; if missed, the ball is in play.

SEC. 39. If only one team puts in an appearance at the appointed time, the REFEREE shall announce that the team complying with the terms agreed upon shall be declared the winner of the game by default. (See section 40.)

Winning by default.

SEC. 40. When it happens, however, that neither team is ready to begin playing at the hour appointed for the game, the team which completes its number first and appears on the field ready for play cannot claim a default from its opponent. The latter shall be entitled to fifteen minutes' additional time, and if then unable to present a full team shall be obliged to play short-handed or forfeit the game. The REFEREE shall be the authority on this rule.

When neither team is ready.

SEC. 41. Any team refusing to play within three minutes after receiving instructions to do so from the REFEREE shall forfeit the game. (See section 42.)

SEC. 42. The REFEREE shall announce a team defaulting or forfeiting a game the loser by the score of 2 to 0.

SEC. 43. Touching the field line or ground beyond with any part of the body *or clothing* constitutes a foul. (This does not debar a player from leaning or reaching over the field line to pick up or receive the ball.) The REFEREE or UMPIRE shall call a foul for violation of this rule. (Plate XII, XIII, XIV, XV.)

LINE FOULS.

SEC. 44. The ball may not be "juggled"; *i. e.*, tossed into the air and caught again to evade holding. The REFEREE or UMPIRE shall call a foul for violation of this rule.

SEC. 45. No player may hand the ball, bounce it,

or roll it to another player. The ball must be *thrown in the air* to another player or for the basket. The player must be *standing on one or both feet or jumping in the air* when throwing the ball. The REFEREE or UMPIRE shall call a foul for violation of this rule. (Plate XVI.)

Derogatory
remarks
about officials.

SEC. 46. Any remarks or actions, whether addressed to an official or not, on the part of a player during the progress of the game derogatory in any way to the officials shall be called a foul by the REFEREE.

Behavior of
spectators.

SEC. 47. When playing outside teams the home team shall be held responsible for the behavior of the spectators. When playing inter-class teams the team challenging shall be held responsible for the behavior of the spectators.

Failure to keep them from interfering with the progress of the game by coaching, clapping or cheering, or for any discourteous conduct shall, after a warning by the REFEREE, make the home team (or the challenging team) liable to forfeit the game.

RULE XIII.

Fouls are classified according to their penalties, as follows:

General.

1. Players addressing officials (Rule XII, section 3*b*).
2. Kicking or striking ball (Rule XII, section 25, *a*).
3. Holding ball more than three seconds (Rule XII, section 24).
4. Delaying game (Rule XII, section 3*a*.)
5. Tackling, holding, pushing opponents (Rule XII, section 19).
6. Snatching or batting ball from hands of an opponent (Rule XII, section 23).

7. Juggling (Rule XII, section 44).
8. Touching the field line with any part of the body or clothing (Rule XII, section 43). (Plates XII, XIII, XIV, XV.)
9. Handing, bouncing or rolling the ball to another player (Rule XII, section 45). (Plate XVI.)
10. Wrong guarding (Rule XII, section 18, *a*, *b*, *c*, *d* and *e*). (Plates II, III, IV, V, VI, VII, VIII.)

Specific.

Fouls for which Players may be Disqualified.

1. Striking.
2. Kicking.
3. Shouldering.
4. Tripping.
5. Unnecessary rough play.
6. Four guarding fouls of the same kind.
7. Four line fouls.

(Rule XII, section 25, *b*.)

Officials are expected to be as strict as possible. In all cases not covered by these rules officials are to use their own judgment, in accordance with the general *spirit* of the rules, and to call fouls for same.

Officials to be strict
and to go by spirit
of rules.

All questions pertaining to the interpretation of these rules, or suggestions, may be referred to Mrs. Senda Berenson Abbott, Northampton, Mass., or the Secretary of the Committee, Miss Julie Ellsbee Sullivan, 21 Warren Street, New York City. A self addressed stamped envelope facilitates prompt replies.

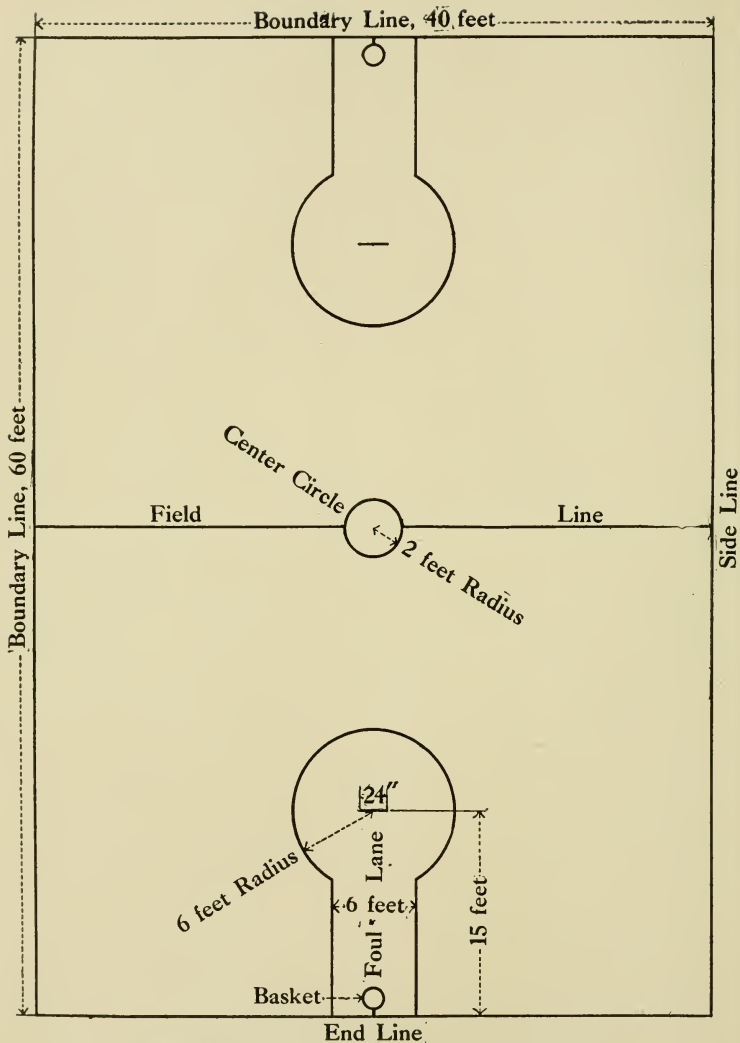


DIAGRAM OF FIELD OF PLAY WITH ONE FIELD LINE.

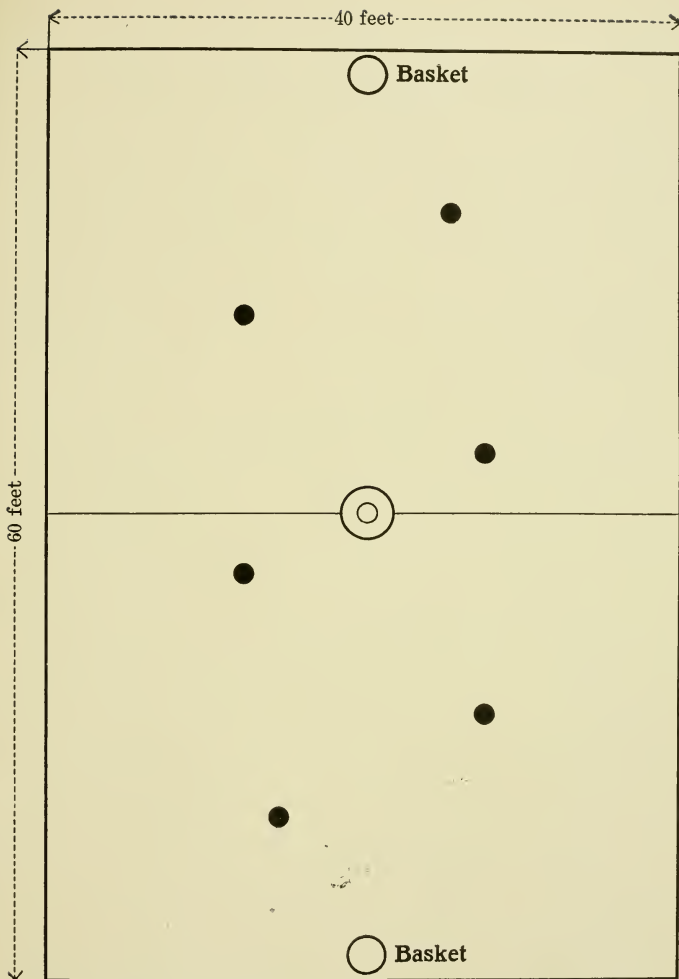


DIAGRAM OF FIELD WITH ONE FIELD LINE, SHOWING
POSITION OF SIX ON A TEAM

Abridged Rules of Basket Ball

By MAY KISSOCK,

Instructor Physical Education, Smith College.

These abridged rules have been made in order to help beginners. They are based entirely on the rules in this pamphlet, and for more complete information, references will be made to the pages in which such information is to be found.

I.

- | | | |
|-------------------------------|---|---|
| 1. Basket Ball Field. | } | (See Official Rules,
Rules I to IV,
inclusive.) |
| 2. Equipment. | | |
| 3. Teams. | | |

II.

OFFICIALS.

1. **Referee.** (See Official Rules, page 13.)
The Referee is the superior officer of the game.

Duties.

(a) The duties of the Referee are to get the ball in play by tossing it up between the jumping centres.

(b) To call "time."

(c) To call fouls particularly under her jurisdiction—although she may call all fouls.

(d) To make decisions when ball goes out of bounds.

2. **Umpire.** (See Official Rules, page 21.)
The Umpire is assistant to the Referee.

3. **Scorer.** (See Official Rules, page 21.)
The Scorer scores all points of the game.

4. **Timekeeper.** (See Official Rules, page 23.)
 - (a) The Timekeeper notes when the game starts.
 - (b) Blows whistle at the end of each half.
 - (c) Takes time out for stoppage during game.

5. **Linesmen.** (See Official Rules, page 25.)
The Linesmen call line fouls.

6. **Captains.** (See Official Rules, page 25.)
 - (a) The Captains represent their respective teams.
 - (b) Toss up the ball for choice of baskets.

III.

THE GAME.

1. The game shall consist of two halves of 15 minutes each, with a rest of ten minutes between. (It is well, in beginning to play basket ball, to play three periods of ten minutes each.)
2. The teams shall change baskets at the end of first half.
3. The Referee shall put the ball in play by tossing up between the jumping centres. (Plate I.)
4. The ball must always be played from the spot on which it is caught.
5. The ball is out of bounds when it has completely crossed the boundary line. The opponent of the girl who last touched the ball, throws it back into the field of play. It must be thrown in from the place at which it went out of bounds.
6. A player is allowed to hold the ball 5 seconds when it is out of bounds, and *only 3 seconds* when it is in bounds.
7. At the opening of the game, at the beginning of the second half and after each goal the Referee shall put the ball in play in the centre. (Plate I.)
8. The team scoring the most points in 30 minutes playing time (two halves or three thirds) wins the game.
9. In case of a tie, the game must continue until one side scores two additional points, either by throwing a goal from the field or by making two goals from fouls.
10. "Tie ball"—when two opponents catch the ball at the same time, and they cannot tell which touched the ball first, the Referee shall toss it up between them. Plate X.)
11. Scoring of goals.
 - (a) A goal made from the field shall count 2 points.
 - (b) A goal made from a foul shall count 1 point.
 - (c) A goal counts if whistle is blown when the ball is in the air.
 - (d) A goal thrown before the whistle can be blown for a foul *made by team throwing it* shall not count.
 - (e) If a goal is *missed* on a foul throw the ball is in play.
 - (f) If a goal is *made* on a foul throw or from the field, ball is put in play in the centre. (Plate I.)

IV.

FOULS.

When a foul has been made the opposite side shall have a free throw for the basket. (See Official Rules, page 43, Sec. 36.) (Plate XI.)

A. Guarding. Fouls.

All guarding must be done in the vertical plane.

1. Guarding over opponent. (Plates II, III.)
2. Guarding around opponent. (Plates IV, V.)
3. Guarding two hands to the wall (one hand only is allowed). (Plate VI.)
4. Boxing up (two players guarding an opponent who is trying for a basket, one in front and one behind). (Plate VII.)
5. Holding, pushing, interfering with progress of player, snatching ball.

B. Other Fouls.

6. Putting hand on the ball after opponent has secured it. (Plate VIII.)
7. Handing the ball to another player. (Plate XVI.)
8. Bouncing the ball more than once with one or both hands or not bouncing it as high as the knee.
9. Three players holding ball: Not more than one player of each team shall place two hands on the ball when it is being disputed with an opponent. (Plate IX.)
10. Advancing with the ball either by running or walking. The ball must be thrown from the spot where it was caught.
11. Line fouls—The field of play (see diagram, page 8, also page 48) is divided into three divisions; players in one division may not walk or run into another division, nor may they touch the field line with any part of their body or clothing. (Plates XII, XIII, XIV, XV.)
- 11a. When the field of play is less than 2,500 feet, it may be divided into two equal parts by *one* field line. If there is only one field line, only the centres may go from one field into the other—but they may not throw for goal from the field or foul lines (see diagram, page 49).
12. Crossing the fifteen foot line before the ball has touched the basket in a free throw. (Plate XI.)

Questions and Answers

BY CLARA M. EISENBREY.
Wellesley College.

1. May a player hold the ball to the full extent of three seconds, or must the ball be thrown before the three seconds expire?

Answer—The ball must be out of the player's hands at the expiration of three seconds; which is equal to a moderate counting of the numerals, 1 up to 6.

2. May only one hand be used to guard a home who is trying for a goal?

Answer—Both hands may be used for guarding at all times, except when the player with the ball is against a wall or similar obstruction.

3. Is clapping the hands or signalling a foul?

Answer—Not a foul unless annoying to opposing team; this should be arranged before the game. A "clapping" game is not as scientific as the one in which silent signals are used.

4. May the player making the free throw touch the ball before any other player has touched it after it has missed the basket?

Answer—Yes, if she did not cross the fifteen-foot line before the ball touched the rim of the basket or entirely missed the basket.

5. May the captain converse with the members of her team during the playing of the game?

Answer—Not for coaching purposes and only if it is necessary, on account of illness or injury.

6. May two players guard one opponent?

Answer—Yes, if they do not "box up."

7. Is there any rule as to whom a player shall guard? Is it a foul to guard anyone else except your opponent ?

Answer—Before the beginning of a game the arrangement of individual opponents should be made. It is not a foul to guard another player than your own opponent, but in most cases it is not good basket ball.

8. How much talking is permissible during a game, between members of a team, between captain and officials?

Answer—Between members of a team, none, unless it be for signals (refer to Question 3), or quiet conversation during "time out." Between captain and officials, only when a disputed point or "time out" makes it necessary.

9. May the umpire call all fouls except those specifically reserved for the referee?

Answer—Yes. Each foul is governed either by referee, umpire or both.

10. Does the referee of the first half have charge up to the commencement of the second half, or does the office end at close of first half? If so, who supervises the intermission?

Answer—When the two officials change places as Referee and Umpire for the two halves the Referee of the first half does not give up the office until the time for the second half is announced.

Suggestions for Officials

BY GEORGE T. HEPBRON.

There was a decided improvement in the efficiency of the officials last season. This is to be expected as the rules became better known and the object of the game better understood; still, there is room for improvement.

The fact that a man or a woman are good players is not sufficient reason for selecting them to be officials. In addition, they must have character and backbone.

If, among others, the following characteristics are exhibited by the officials, the games this season will be better officered, and less friction will be manifested:

1. Instant recognition of a violated rule and the penalty for same.
2. Backbone enough to make a decision and stick to it.
3. Abstinence from fault finding. (The duty of officials is to make decisions—not to lecture the players.)
4. Readiness to explain in the fewest possible words why that particular ruling was made.
5. Willingness to produce the rule as authority for action.
6. Never, under any circumstances, allowing the prolonged discussion of a rule during the progress of the game.
7. Willingness to allow the players the privilege of appeal from their interpretation of the rules to the proper committee.
8. Kindness and courtesy to all and the maintenance of a level head under trying circumstances.
9. A strong purpose to follow the rules in letter and spirit, and a determination not to be susceptible to outside influences.
10. Carefulness never to overstep their authority, appreciating at the same time their full duty.
11. Such knowledge of the rules that a reversal of decision is not necessary.
12. Impartiality in all dealings.

Abuse of Basket Ball

BY KATHRYN E. DARNELL.

Director of Girls' Gymnasium, Oak Park and River Forest Township High School.

As I watch our joyful, pink-cheeked girls at basket ball and notice how the exercise is increasing their health and strength, see awkward girls grow into skillful players, lethargic minds become active and resourceful; explosive temperaments brought under self control; sulking girls learning to submit cheerfully, and all players learning the lesson of harmonious co-operation; I wonder why many strong healthy girls come to school under the edict from doctors or parents that they shall not participate in the game.

It must be that some abuse of basket ball has been brought to their attention, and that they have had no opportunity to study the benefits of the game. Could they but appreciate the fact that this is a game which not only has high recreative value, but provides good physical and mental exercise, and under wise supervision, offers excellent opportunity for moral and social training, certainly they would stand on the side of the girls who love the game, and the physical directors who believe in its wise use.

But basket ball has been, and is, often misused, and so long as this is the case, is not the criticism which comes to it justifiable? Where girls practice the rough and strenuous game according to boys' rules, as is still done in a few places,—where teams have men for coaches instead of women, or have incompetent women, or no supervision at all—there the health of the girls is liable to suffer. Keen interest in the competition, and great enthusiasm for this most fascinating of games, will lead to over-fatigue and over-excitement—or injury to the health may result to players who practice when physically unfit for such exertion.

When teams are permitted to play in open games, before an indiscriminate crowd, we cannot deny that the game is making girls "unwomanly," which is another common censure. Such a scene as a public game, in which the players are embarrassed or made overbold by the cat cries of the boys from the balcony is very offensive, and we are glad to notice is almost a thing of the past. For the leading colleges and high schools have put a taboo on this kind of competition, and girls of other schools and organizations are seeing that it is neither proper nor customary for girls' games to be open to any man or boy who pays for a ticket.

Rather, let our teams compete with those of other schools or (as is deemed wiser by many supervisors) with other classes within the school, before an assembly of the women and girls of the community, or, if men be admitted, let the number be limited to the men of the families of the students, their instructors, family physicians, pastors, and others who have a real interest in the welfare of the players, or those who have an interest in the game itself—true "fans" who appreciate intelligent and skillful playing—thus excluding the hooting boys who come but to see the fun. Before such an assembly our girls may play without losing their modesty or dignity.

The reason that girls have played in open games at all, or played according to boys' rules, and one reason why girls' athletics in general has not been more successful or popular than it has, is traceable to one thing—namely, that in so many places, girls' athletics has been blindly modeled after the boys.

Girls, if you would only pull down from the pedestal on which you have placed it, the ideal offered by boys' athletics! We have an ideal of our own, which will raise girls' athletics to heights it never would see, however energetically it aped that of the boys. What, after all, is in the mind of the best boy athlete you know, except to enjoy the game, and to win applause for his school, class, or himself? To this end he goes into training, strains every effort, runs risks. And all this is not in vain, for, incidentally, the boy is gaining for himself much that will be of value to him in life, besides the pleasure

of the moment, and the championship banners for which he plays.

But such an aim is neither fitting nor natural for the girl, who, like the boy, also enters the game in the spirit of true sport—that is, for the joy she gains from playing, for the pleasure of working skillfully with her team mates, for satisfaction of playing well—of winning if she can.

But applause and banners she must not value too highly, if she is to gain larger and better gifts which the game holds for her. Often a player receives these better things unconsciously, but sometimes knowingly and with some appreciation of their value. When a girl sees that she is gaining strength and endurance by the exercise the game affords her, when she realizes greater self-confidence through the new power she has discovered in skillful play, when she finds she must efface her selfishness to co-operate with her team, that she must learn to meet success without feeling puffed up, and (oh, hardest of lessons) learn to be a cheerful loser, then she realizes that basket ball has been to her more than a delightful pastime, and she sees it as a means toward an end for which she is working. For, deep in her mind, as in the mind of every girl, is the ideal of perfect womanhood, and if she sees that she can make use of basket ball toward this end, what higher purpose could the game serve?

This is the view that women and girls in general should take of athletics. It is a nobler view than that of the average man, and leads to conducting women's athletics in a somewhat different manner than men's. When girls once see the reason for this difference, they will no longer feel that, in spite of effort, their athletic work is insignificant; nor feel discontent at sitting in the background while the boys' teams bring banners into the school amidst loud applause; nor be prompted to play open games when they see the girls' athletic treasury empty while the boys' is piled high by large gate receipts.

When girls understand their true athletic ideal, they will no longer misuse the game in the ways which have brought bad instead of good results to themselves, and caused much criticism of this excellent sport. They will not allow their enthus-

iasm to keep them playing long after their good sense has told them to rest. They will not let false notions of loyalty urge them to participate in a practice, or game, when they are not in condition to take such exercise.

For this sake, banners and public applause have an insignificant place in girls' athletics. But what are these as compared to the development of the health and vigor of our girls? So, let our girls' teams never more desire to follow in their brothers' footsteps, but enter the game for the joy they get in playing it (and that is great enough as any player knows), keeping before them as an end the finest development of the power of woman-kind—

"The reason firm, the temperate will,
Endurance, foresight, strength, and skill,
A perfect woman nobly planned."

As for the contenders against basket ball, would that they might turn their protests where they belong, namely, against such abuses of the game as—playing according to boys' rules, "open games," men coaches, and unsupervised basket ball.

But the wise use of this best-loved game we should promote among women and girls as a means to health, happiness, and more efficient lives.

The Responsibility of the Basket Ball Coach

BY HARRY E. STEWART, M.D.,

*Physical Director Wykeham Rise School for Girls,
Washington, Connecticut.*

If basket ball is to fulfill its mission as the most important element in the organized play life of the American girl, it is most essential that its real purpose and great possibilities should be understood and constantly kept in mind by every coach and teacher of the game.

Psychology teaches us that during the play life an individual is more apt to reveal his natural instincts and tendencies than at any other time. When to the element of play that of competition and desire for victory is added, this revelation of the true self becomes still more complete.

You, then, as coaches have the privilege of seeing tendencies show out which at other times are hidden, and rare opportunity for correcting, guiding and inspiring your players in the formation of noble and lasting character. The aim of basket ball might well be stated as "character and health building."

Girls have little chance, as compared with boys, of developing the true sportsmanship spirit. What the boy learns in all his games, the girl must learn largely from basket ball.

Few will deny that it is hard for a team to be generous to an opponent and yield cheerfully to them on differences when they know victory may depend on playing as they have been coached. To accept defeat gracefully and to recognize the good in one's opponent is another of life's hard lessons.

I have seen a girls' team, proud of its record of being unbeaten for two years, play their opponents on a slippery floor to which they were unused, with a team composed largely of substitutes, lose the game, praise their opponents' play and even write up the

game in their school paper for their alumnæ to read, without a word of excuse or a mention of the slippery floor or patched-up team. Is it to be wondered at that such a team had such a record. That was character building, which was of greater importance than victory.

Women are now working together for many noble ends in social service. All the essential elements for such work you can teach your girls through an inspired ideal of what true sport stands for.

In closing, let me add just a word on the practical side of basket ball coaching. If you desire to be an inspiring coach, to present the game attractively, you must know your technique. Study the rules so that you can catch their spirit and exact meaning. You should be able to quote the wording of the more important rules, should questions arise. Build your team on a good foundation of sound bodily vigor, developed by systematic gymnastic training and out-of-door exercises. A team will play better basket ball for having two periods of gymnastics and two of practice than with four basket ball periods and no regular gymnasium work.

Basket Ball in Normal Schools

BY LILLIAN HORTENSIA BRUCE.

*Department of Physical Education, Chicago Normal College
(formerly Physical Director of Women, Iowa State
Teachers' College).*

Basket ball in normal schools may not seem to differ materially from basket ball in high schools, Y. W. C. A.'s or colleges. The same rules and regulations are employed, the same excitement and enthusiasm exist over practice and match games. Quickness and alacrity and physiological benefits result from carefully supervised playing, and the tendency to careless playing comes from unsupervised games, much as happens elsewhere.

In the first place a normal college—whether it belongs to a large State like Iowa, and develops its students for teaching all through the cities and counties of the State, or whether it belongs only to a large city like Chicago and sends its graduates into its own immense public school system—has, in its student body, only those who are going to be teachers. High school girls have not, as a rule, decided on a professional course, and college girls may be teachers or whatever else they please, while in Y. W. C. A.'s and social centers the young women who enjoy the game are usually in business, with no thought while playing but of their own personal benefit and pleasure. But the attitude of preparation for teaching naturally prevails in all departments of a normal school, and brings about unique response to rule and regulation, as well as enthusiasm for team and colors. Points of the game here should be learned from the teaching side, and it should be comparatively easy to do so, for the girls who are to be teachers respond to this point of view, feeling as glad and eager to act as officials in a game as to throw baskets. They realize that in these days when basket ball is so universally played and thoroughly enjoyed, and when careful oversight of health conditions is demanded not only from the specialist, but often from other interested and competent members of the regular teaching corps, it is worth the while of every young woman

intending to teach to add to her equipment a working knowledge of good basket ball. There is not time just here to enumerate the benefits which accrue to a player by acting temporarily as umpire or coach. Suffice it to say that a girl who is trained to watch for the faults or fouls of others learns how to avoid them herself.

A second point of interesting significance regarding basket ball in normal schools is the matter of competition with other schools. Whatever may be the director's personal opinion as to the wisdom of allowing inter-school contests for women, she will undoubtedly concede that if such games are permitted, the opponents chosen should be of similar age and training. High school girls should play with high school girls, university women with other university women, and Y. W. C. A. teams with representatives of their own "class." It is readily seen that a normal school stands in a class of its own, having no nearby normal schools with whom to compete. This throws contests into the school itself, where literary societies or certain grade classes may have regularly conducted tournaments which cannot fail to arouse loyalty to squad and school, as well as more general interest and knowledge of the game. At Iowa, for instance, where nine flourishing literary societies have friendly rivalry along all lines from oratory to pageantry, the tournament in basket ball was a much anticipated and carefully prepared for event. Sportsmanship in defeat and in victory was a part of the game, and loss of self-control or of a proper attitude meant loss of opportunity to compete the next year.

Demands are now constantly being made by groups and classes for basket ball privileges. Where such privileges are at all possible in normal schools, they should be granted most willingly and gladly. Supervision is necessary here as in other places, but a good deal of responsibility can be put on the students themselves, since their presence in a normal school denotes their willingness to take such responsibility. And our success with these young women who are to be teachers cannot but aid in the successful continuance of basket ball for the students of future years.

Basket Ball for High School Girls

BY JESSIE I. WHITHAM,

*Director of Physical Training For Girls, Central High School,
Detroit, Mich.*

Basket Ball—how the very name of the game sends a thrill through the heart of the average strong and healthy high school girl!

In the grades she has no doubt been made familiar with and proficient in games such as pass ball, medicine ball, dodge ball, progressive dodge ball, Newcomb and captain ball, which are in one sense stepping stones to the more complicated game which she looks forward to, and one of her chief ambitions is to "make the team."

Basket ball is a game in which good judgment and constant vigilance must be exercised on the part of the coaches, as the success of the game depends largely upon the person in charge. Many mistakes are made where inexperienced and unwise coaches have been employed, who cared only for the game itself and little for the physical results brought about by injury and over-exertion. Men who measure the strength of women only by their own should never be allowed to coach girls' basket ball, but only women who have the highest ideals of athletics for girls and who can instill into the players the necessity of clean, honorable fair play, unselfishness, obedience and loyalty. The coach must be firm, quick to make decisions, and able to win the confidence of all and to advise wisely when necessary. She must also be able to show that the means of gaining the victory is even more important than the victory itself. Girls of high school age are always ready to play as long and vigorously as they are allowed to, regardless of the physical effects, and inexperienced coaches will often allow them to play after the time limit has expired because they are "not tired."

Few high schools provide for an examination of the heart and

lungs. This difficulty can only be overcome by the directors' requiring a physician's certificate from each girl who enters vigorously into the sport.

One objection to basket ball is that a small number of players are required in a team, but with a little thought on the part of the director this objection may be remedied. Teams may be organized and numbered 1, 2, 3, and so on. Team No. 1 may play first for seven or eight minutes, which is sufficient time for the average girl at the beginning of the basket ball season. Team No. 2 may play while the "Ones" are resting; at the end of their first half those numbered "One" may continue, and so on, until it is possible for eight teams to play during one hour, forty-eight girls thus having training in the game.

The physical, mental, and moral effects of basket ball need little mention here, as every one is familiar with the good results of vigorous participation in good healthy exercise where there is the spirit of competition, co-operation and fair play. There are many games from which all these good qualities may be derived, yet for some reason or other they have not stood the test and held the interest as basket ball has.

The social side of the game must not be overlooked. In our large high schools there is little opportunity for one to become acquainted with one's class or school mates, but in the gymnasium or on the basket ball court the girls meet on common ground in the spirit of fun and recreation and become acquainted. Good athletes are almost always widely known among their schoolmates.

In athletics of all kinds there must be some spirit of competition, but more and more people are coming to the conclusion that inter-school games should be abolished. In such games the spirit of competition is apt to run too high and the real spirit of the game lost in the determination to "win." The excessive nervous excitement which these games often cause, not only in the players, but also in the spectators, is not good for girls of this age. Then too, the element of commercialism, which ought not to be allowed in girls' athletics, is necessary to defray the expenses of the game.

But, inter-class games where the direction is in the hands of a competent person may be carried on with success and much enjoyment for the competing teams and classes.

Should girls play basket ball according to men's rules? This question has often been asked of late.

If we consider the game from the standpoint of strenuousness alone, it would depend entirely upon the size of the field. If the field were very small, it would be possible for women to play the game as men play it; but there are other things to consider. While the testing of muscular and nervous strength and endurance is important, there is the element of roughness in the man's game, which makes it possible for women to lose their dignity, self respect, grace and poise, which are the attributes in women that should be fostered.

In conclusion, basket ball if wisely directed, with relaxation, recreation and the spirit of fun for its chief aims, is one of the most valuable forms of athletics for girls of high school age, and will be instrumental in bringing out strong, happy, well developed and competent women.

Basket Ball at Radcliffe

BY FLORENCE FEELEY, RADCLIFFE, '14.

From the viewpoint of an undergraduate, basket ball at Radcliffe presents for the player at least four distinct advantages: mentally, it invites keen concentration of the mind; socially, it fosters a deep feeling of friendship; educationally, it quickens the intellect, and, physically, it promotes the development of the body. To be sure, our other sports—hockey, base ball, swimming and tennis—contribute their respective share of virtues, but these latter are merely parts of a great whole; here basket ball is its own entirety.

At the tolling of our November imaginary bell our basket ball season really opens. A poster, a notice to the Seniors and Juniors, an invitation to the Sophomores and Freshmen, announces the first call for 'varsity candidates. The response is customarily gratifying—surely forty of the regular gymnasium attendants report.

After this original squad has practised regularly one hour a week for a month, the captain, assisted by the two physical instructors, selects a provisional line-up, a 'varsity and a second team. Now coaching commences—scientific theories of our supervisors, plus practical ideas of our captain, unite into one systematic plan, terminating only at their common goal, the advancement of the nine. But when this seemingly stupendous and intricate project is examined it evolves into the simple little system of team play.

We frown upon individual playing as such and insist upon team work. This method of coaching has subjugated the self-interest of the player to the common interest of the team; it has exchanged loyalty to self for loyalty to her fellow-members. The individual player radiates in the universal brilliancy of her team; she learns that her splendid playing alone will not bring success,

she learns that she must co-operate—combine intelligently her potent influence with that of her companions. Instead of each member's working independently and without observing the action of her fellows she works in unison and joins her efforts into a harmonious unit.

We find that this subordinating of the individual develops all the characteristics of clean, open play. For example, it encourages strict attention and judgment, self-confidence and self-control, and perhaps what is most admirable, the power to accept with equanimity both victory and defeat.

Personally, I think team-play more than anything else has tended to give basket ball a permanent place at Radcliffe. A spectator at one of our fall practices once said to me, "From appearances, team play is more or less of a farce. Don't you think so?" I replied, "I do not think so. On the contrary from experience, I know emphatically that team play is indispensable."

Later, when our team in the competitive games won the championship through superior team work, my former skeptic friend was the first to commend us for our proper co-ordination.

The fact that we play nine on a side, with lines, curtails to a certain extent a complicated outline of team work, nevertheless, thanks to our large floor, we can show an effective game. We give our players assigned territory; this makes possible clear, free action—thus rough and ineffective scrimmage is eliminated and the result is clean and efficient plays. To facilitate our general scheme we use the rapid and continuous pass and shun the wild, spectacular shot. This we find makes a fairer and neater game.

But, primarily, the object of all our games is good, clean sport. To assert, however, that we enter a game with no thought of a possible victory, would be folly; but our aim is to succeed, not because of a foul, misunderstanding, or technicality, but because we have benefited from our spirit of co-ordination and co-operation; because we have played our game honestly and honorably, and, because we have outplayed, fairly and openly, from every point of view, our opponents.

Basket Ball at Smith College

BY SENDA BERENSON ABBOTT.

Popular as basket ball is in almost every gymnasium in the country, Smith College has perhaps a special love for the game. It was at Smith that women first played it, over twenty years ago, and it was here that, played conscientiously with the men's rules for one season, it was first modified more nearly to suit the needs of women. In all these years it has been the game most beloved by the students, the one almost every girl who enters college hopes to be able to play, that is played with the keenest enthusiasm, that furnishes the greatest amount of material for discussion by the undergraduate or reminiscence by the alumna. It is the game, we may say without a moment of hesitation, that has done much to make Smith College athletics clean and wholesome and truly sportsmanlike.

The college has played strictly according to the WOMEN'S OFFICIAL BASKET BALL RULES ever since they were first published. To furnish a specific example of the satisfaction these rules give, when intelligently coached and strictly supervised by people who above all things believe in clean athletics, girls who have played basket ball with the men's rules or slight modifications of them before entering college never wish to abandon the women's official rules after one season at Smith.

I have had so many letters asking for information regarding the organizing of basket ball, coaching, etc., that I shall try to make this paper as helpful as possible from that point of view.

A Smith team is made up of nine players and this number is none too many for the gymnasium, which has a splendid floor—its dimensions being 100 x 60 feet. Nine on a team also gives opportunity to play to a large number, as is shown at Smith, where, notwithstanding the limitations of hours and space, over four hundred actually play weekly. The season lasts practically the whole year. Two days after the opening of college—on the

first half-holiday—a cordial invitation is extended to all the freshmen (between four hundred and fifty and five hundred enter college each year) to come to the athletic field—called Allen Field. Here the president of the Gymnasium and Field Association and the instructors in the Department of Hygiene and Physical Education welcome them and explain the desirability of joining the athletic association. Different sports are then played for their edification, and here is where they get their first thrill over Smith College basket ball.

On leaving Allen Field the most enthusiastic will probably walk over to the gymnasium and place their names on a huge cardboard in the posting room, declaring their desire to play. If they have played before entering college, they state what positions they have held and for how many years. After the students have signed, *and have had their medical examination*, if they bring a permit to play from the college physician to the instructor in charge of the game, they are put into scrub teams. Every girl is then posted to play at least once a week.

The placing of over four hundred girls in teams is no small matter. It may be of interest to see how it is done in this case. The postings are put up in the bulletin room the day before the girls are to play, in order to give every one the opportunity to indicate by a sign against her name whether or not she can play. The instructor in basket ball goes absolutely by this schedule and no girl may play who hasn't "signed up," even if she has been posted. Here is the system of signing:

v—Able to play.

vo—Physically unable to play.

o—Prevented by a conflict of some other sport or of recitations.

If a girl fails to "sign up" on the schedule after it has been posted for three times in succession she is dropped. After the students have obtained their permits to play they meet the instructor in basket ball, who gives them a talk on the fine traditional spirit of the college in regard to athletics in general and basket ball in particular; she explains the game and the rules governing it in the college. These rules are as follows:

No girl may play for four days when she is physically unfit.

Every student must wear bloomers and a gymnasium blouse and jumper and black shoes and stockings.

No girl may play more than twice a week.

A girl who plays basket ball twice a week may not play field hockey, and vice versa.

If a girl plays basket ball only once a week she may play field hockey once a week.

A neat appearance and good carriage are insisted on.

In order to encourage the habit for outdoor sports as much as possible all basket ball until November 1st is played on Allen Field; from that time until the Easter recess, in the gymnasium, and, in the spring, again on the field.

In the beginning of the year the coaching is largely concentrated on the freshmen. With the purpose of utilizing every moment, four teams are called for practice in one forty-five minute period and divide the time thus: Teams A and B practice fifteen minutes. While they are resting Teams C and D practice fifteen minutes. Then A and B come again on the floor for seven minutes and C and D then play off their seven minutes. By this method one hundred and forty-four girls may enjoy a vigorous game in one afternoon.

For freshmen who have played before entering college, the coaching is done by students selected from the junior class team and *personally supervised by the instructor*. The first fifteen minutes of a period are devoted to "end practice," i. e., the forwards and guards practice at one end of the gymnasium, the centers and forwards and guards at the opposite end. This practice consists of learning how to guard, how to get away from one's opponent, catching and throwing the ball in various ways, and playing different passes. After a ten-minute rest the final half is devoted to a regular game, refereed and coached by the instructor. During this half, balls are taken over, passes shown and practiced, and general and individual criticism is given. The instructor watches every girl closely for signs of fatigue or overdoing. She insists upon team rather than individual playing and continually strives to foster a spirit of clean sport and fair play.

The instructor takes entire charge of the coaching of girls who have never played before. It consists at first of elementary work in throwing the ball, catching it while standing, while jumping, while running and stopping at once, and also in guarding and getting rid of one's guard. Freshman scrub teams are so arranged and rearranged that girls of the same physical strength and ability shall be together. After a while the better teams meet twice a week for regular practice.*

The regular freshman and sophomore teams are not chosen until early in February, when the academic marks for the first semester are in, for the department allows no girl to make her class team if she is not up to a fixed academic standard. Another reason for the delay in choosing the class team is that with this method more girls are encouraged to play for a longer portion of the year. The junior and senior teams remain the same unless a girl is ill or does not come up to the academic standard, in which case she is dropped and her place filled from the class substitutes.

Each class chooses a representative from its class team whose duty it is to maintain enthusiasm among all the players of the class, to keep them up to the mark, and to report criticisms and suggestions regarding the game to the instructor in charge.

Smith College has always taken a firm stand against inter-collegiate basket ball. The game itself has been encouraged because by means of it the girls have been made strong and agile in body, keen and fearless in mind, and unselfish and loyal in spirit. Experience has proved that the necessary competition to keep up a lively enthusiasm for the game can be most normally brought about by so-called odd-even and inter-class games.

The odd-even games are played by members of the junior-freshman against senior-sophomore teams. These occur every three weeks and as they come on a half-holiday the girls go in large numbers to watch the game, to sing and to spur the players on. The preliminary freshman-sophomore contest is played soon after the choosing of the teams, the first week in February. It is at this time that both captains are chosen, and the coaches—

*See article on coaching by Miss McMillan.

three members from the teams of their sister classes. The junior-senior game is played on February 22 and is perhaps the most interesting one of the year from the point of view of good basket ball.

But it is the Big Game between the freshmen and sophomores—played in the middle of March—that is dear to the heart of the Smith girl. Every student who can possibly get a ticket crowds on to the gymnasium balcony. The ushers, the coaches, and sub-teams are the lucky ones to be allowed on the floor. The faculty and the few invited guests sit on the platform or near it. The gymnasium is gay with class color decorations. The tiers of eager girls in the balcony, waving gay flags, and the singing of the sister classes make an animated scene. Soon one team trots out with its mascot, then the other, the instructor of basket ball, who is the official referee, blows her whistle and the game begins. If there are any who still believe that basket ball played according to the Women's Rules is not spirited and enjoyable and does not admit of good team development they should see a game at Smith College. I quote some passages from an account which appeared in one of our leading newspapers after a freshman-sophomore game:

"The playing was very rapid and extremely vigorous. One who supposes it is a simple or weak game would be surprised to see the dash and vigor with which it is entered into. It is a whirl of excitement from start to finish, and yet, with all the desperate earnestness and determination with which the game is played, there is excellent control and much dexterity shown. There is splendid temper and true sportswomanlike spirit in the game. The amount of physical strength and endurance which is cultivated is readily apparent."

Although the spectators are not allowed to cheer, the game is no sooner over than the defeated rush together and cheer heartily for the victorious team. All the college then rushes on to the floor, and gives vent to its pent-up feelings in singing and jollity. But fine as the spirit is which has been shown through all the playing of the game and afterwards in the gymnasium, the most convincing illustration of what sports

may develop in women is shown at the supper that is given in the evening by the sophomores to the freshmen and all the officers of the game. One may see in the Allen Field clubhouse the girls sitting together who a while before played against each other. They are chatting and laughing and having the merriest of times, finishing the occasion by many but luckily short speeches of happy gibes or sincere words of admiration. And this altruistic spirit seems to permeate the college at large for, although the girls vow most dire happenings to the rival teams in their songs, they join in one holiday feeling of friendliness and good will after the game.

The final basket ball game is played out of doors in May.

Smith College has a 'varsity team, but it is purely an honorary one. It is chosen from members of the three upper class teams and is a distinction every girl who makes a class team strives hard to attain. The judges for the choosing of this team consist of two members of the department of physical education, the president of the athletic association and the captains of the teams, and the points in consideration are:

- 1—Playing—team and individual.
- 2—Carriage.
- 3—Discipline.
- 4—Proper spirit towards athletics.
- 5—General hygienic attitude.

Enthusiasm for the game has never waned. The very fact that over four hundred play each year should prove this. But the fine spirit shown by the girls should also prove that basket ball, strictly supervised and carefully coached, with high ideals of character building in mind, is one that develops a normal, healthy, enthusiastic girl who is glad to win a game but most glad to *play the game*.

Coaching Basket Ball

BY ELIZABETH S. McMILLAN,
Senior Basket Ball Captain of Smith College.

The following is little more than a summary of the principles which have been particularly emphasized by the coaches of Smith College in the training of the various class teams. That the material may be the more available to those referring to it, I have, as far as possible, made it in outline form.

A. Points to be emphasized applying to every position.

I. DODGING.

It is usually left to the individual to decide on her own method. It is suggested, however, that:

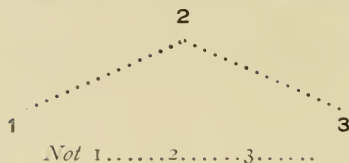
The player is to be on one side of her opponent, not behind her.

The player at the outset should have a definite idea just *which* side that is to be.

If a girl is too well guarded on one side, she should, before throwing the ball, swing either to the left or right, keeping one foot on the ground, using said foot as a pivot.

II. RECEIVING AND THROWING THE BALL.

1. Avoid high balls, and too high passes.
2. Form the habit of "following up" balls. That is, as soon as A throws the ball to B, A should advance, and, if necessary, receive the ball from B at a spot definitely nearer her goal.
3. Passes as far as possible should be made *not* in a straight line, but in such a way that if lines were drawn between the points where the ball was received, thrown, and again received, an angle would be formed. (See diagram on following page.)



4. As a precaution against walking, a girl should, upon receiving the ball, jump, landing squarely on both feet, turning as she jumps towards her basket, and, if possible, away from her guard.

5. A team should have some definite system of passes, so that each player may know where she is expected to be and where she expects the rest of her side to be.

6. Knowing the passes, a girl should *anticipate* where the girl to whom she is throwing will be, and should throw, not directly to her, but towards the place where she is going to be free. In this way the player runs into the ball, rather than catches it standing still.

III. GUARDING.

When a member of the other team has the ball, the girl should guard her opponent closely. It is advantageous to watch the opponent's eyes, thus determining where she expects to throw the ball, and blocking accordingly.

B. Points to be emphasized applying to different positions.

I. GUARDS.

A girl should—

1. When her side has the ball, get free.
2. When the other side has the ball, stick to the forward.
3. Jump for the ball off the basket when a goal is missed.

II. CENTERS.

1. The jumping center should be on the alert, ready to jump the instant the ball starts on its descent, after being thrown up by the referee.

2. The side centers should try to judge the direction in which the ball will be batted.

3. All centers should stick to their opponents when the opposing team has the ball, and should guard the line closely, so as to block passes from opponent's guard into the center.

III. HOMES.

1. When your side has the ball be ready to be free at the line, away from your guard to receive the pass from your center.

2. When the other side has the ball, stick to your guard.

3. Jump for the ball off the basket when a goal is missed.

C. *Kinds of Practices.*

I. END PRACTICE

The field is divided into three parts. (Each is an "end.")

1. "A" Guards and "B" Forwards.

2. "A" Centers and "B" Centers.

3. "B" Guards and "A" Forwards.

It is in this "end practice" that passes are worked out.

II. SKELETON PRACTICE.

Each member of one team ("A") takes her place. The ball is passed from the guards to the goal. In this way the passes learned in end practices are connected, so that the passing over each line (from the guards to the centers, and from the centers to the homes) will be as well finished as the passing between players of the same position.

Another team ("B") is sometimes put against them. All proceeds as before, except that team "B" affords opposition and breaks up the passes when possible.

III. GAME.

The last half of practice time is devoted to a regular game between the opposing teams "A" and "B". Here the principles and passes learned in "end" and "skeleton" practice are worked out.



"A FREE THROW ON A FOUL."

Basket Ball Under the Auspices of the Girls' Branch P.S.A.L. of New York City

BY ELIZABETH BURCHENAL, B. L.,

Executive Secretary Girls' Branch P.S.A.L., and Inspector of Girls' Athletics, Board of Education, New York City.

A tribute to basket ball is the fact that, to-day, in spite of the great development of girls' after-school athletics in the public schools of New York City, it still holds a place as one of the best loved and most widely practiced of the many athletic activities practiced by the public school girls.

Eight years ago, in 1905, the Girls' Branch of the Public Schools Athletic League was organized to provide for New York public school girls much needed wholesome recreation and opportunities for athletic practice, and to determine upon and standardize suitable athletics for girls. The fundamental policies adopted by the Girls' Branch at the outset were, and, to-day still remain, as follows:

Athletics for *all* the girls.

Athletics within the school and no inter-school competition.

Athletic events in which teams compete (not individual girls).

Athletics chosen and practiced with regard to their suitability for girls, and not merely in imitation of boys' athletics.

Basket ball suggested itself at once as a happy and effective means of introducing these policies into the high schools, as it was already known (being practically the only form of athletics practiced by high school girls at that time), was greatly in need of standardization, and lent itself ideally to adaptation to these fundamental policies of the Girls' Branch which, translated into terms of basket ball, became the following:

Basket ball practiced by girls generally throughout the school.

Inter-class championship games only (no inter-school competition).

A suitably modified game as the standard one for girls.

At that time there was no uniformity among the various schools in the manner of playing the game. The number of girls playing the game was an amazingly small proportion of the number attending school, and in only one school was the game organized throughout the school, by the woman instructor of physical training, according to the official rules for women, on an inter-class basis.

In the other high schools, if the game was played at all, it was often in outside halls not under the control of the school, coached usually by men teachers not connected with the physical training department—or sometimes even by high school boys.

These coaches, being interested and experienced only in the game as they played it themselves, were attempting to train the girls to play in the same way, but in every case they had been obliged to make modifications.

At times there were inter-scholastic games between teams coached in this way, in which there was, naturally, ill-feeling, intense excitement and all kinds of protests, due to the lack of any fixed official rules.

It is needless to say that such games as these contained nothing of the real joy and exhilaration of the game played for sport's sake, and nothing of either mental or physical benefit to the players. The mothers in one locality became so prejudiced against "basket ball" (as they knew it) on account of the roughness and excitement in the games that basket ball practice had to be discontinued because of the scarcity of girls whose parents would permit them to go into it.

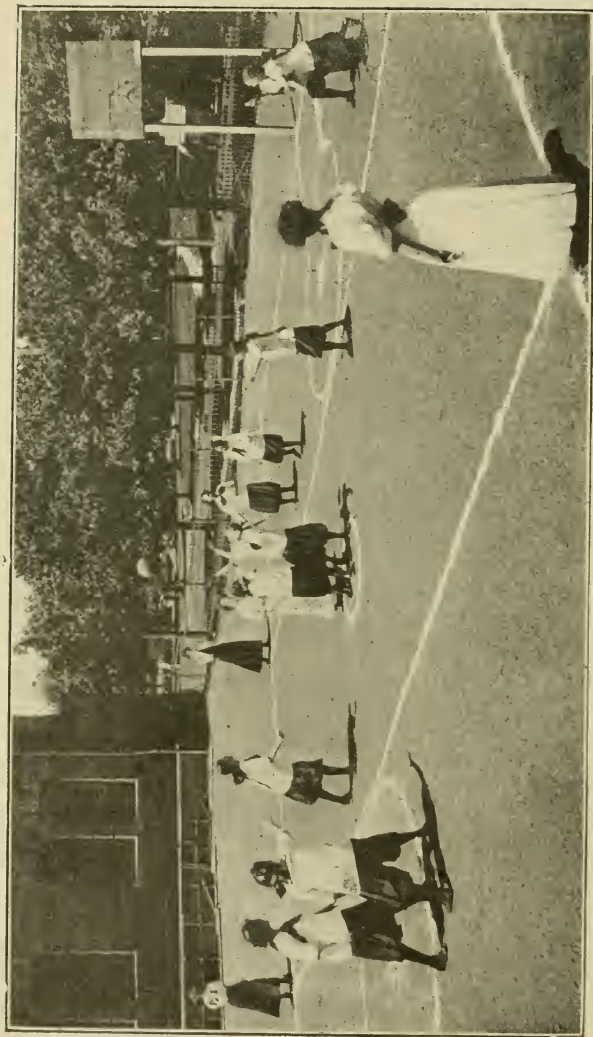
The Girls' Branch undertook to change all this. Like the Public Schools Athletic League, it was then entirely a volunteer body, having no official relation to the Board of Education, but

with the approval and hearty support of the Board of Education, the Girls' Branch adopted the Official Basket Ball Rules for Women, edited by Senda Berenson Abbott, announced its policies and offered trophies to the various high schools for *inter-class* basket ball championship series, with individual "Winged Victory" athletic pins to be awarded to members of teams winning in such championship series.

At once some of the schools offered to co-operate, accepted trophies and organized inter-class basket ball, in each case under the supervision of the physical training instructor. At first a few schools held aloof and continued to hold inter-school games, but the tide of general opinion became too strong for this to continue and the policy of the Girls' Branch became gradually established until, in April, 1910, it was made official by the Board of Education in a set of resolutions in which it was specified that *inter-school competitions in any form of games or athletics for girls should be prohibited*.

The Girls' Branch still exists as an outside organization, but official authority has been given it through the action of the Committee on Athletics of the Board of Education in referring to the Girls' Branch for recommendation all matters relating to girls' athletics and through the appointment by the Board of Education in 1909 of Elizabeth Burchenal, the Executive Secretary and Athletic Instructor of the Girls' Branch, as Inspector of Girls' Athletics, thus establishing a Department of Girls' Athletics as a part of the Department of Physical Training. These official relations are also strengthened by the fact that the present President of the Girls' Branch is one of the Commissioners of the Board of Education and that a number of its executive staff are connected officially with the school system.

Trophies are still offered by the Girls' Branch, but the athletic pins are now provided by the Board of Education. To-day basket ball is among the many athletic activities sanctioned for elementary as well as high schools (though in the former it is introduced merely as preliminary practice) and is played by an ever increasing number of girls.



THE TOSS UP--JAMAICA HIGH SCHOOL, NEW YORK CITY.

In the official Handbook of the Girls' Branch of the Public Schools Athletic League* for 1913-14, the specific rule in regard to basket ball given in the list of sanctioned athletics and their rules is as follows:

BASKET BALL (Line Game): Rules as given in Spalding's Official Women's Basket Ball Guide, edited by Senda Berenson Abbott.

The general athletic rules regulating all high school athletics, including basket ball, are given as follows:

RULE I. ATHLETIC MEMBERSHIPS.

The Girls' Branch recognizes as athletic members

- a. All girls who belong to athletic clubs registered in the League.
- b. All girls who take part in any series of championship games under the auspices of the Girls' Branch, Public Schools Athletic League.

RULE II. ELIGIBILITY (HIGH SCHOOL GIRLS).

- a. Athletic membership is open to all high school girls.
- b. Any girl to be eligible for membership in an athletic club, or to take part in any athletic events under the Girls' Branch, or to win any of the pins or trophies, must have a physician's certificate of physical fitness, and the personal approval of the instructor in charge.
- c. Every girl must be approved by the principal as being in good standing both in deportment and scholarship, including work in physical training.
- d. No girl who takes part in athletic competitions outside of school, unless under the auspices of the Girls' Branch of the Public Schools Athletic League, shall be eligible to take part in athletics of the League.
- e. No girl who has represented any outside organization or taken part in any inter-school competition, shall be eligible to

* Girls' Athletics, edited by Elizabeth Burchenal, B.L., Spalding's Athletic Library, Group XII., No. 314, price 10 cents.

compete in any event of this League, until twenty school weeks have elapsed from the time of such competition.

f. Girls taking part in any unsanctioned events render themselves liable to suspension.

RULE III. ELIGIBILITY (CLUBS).

In order that its members may be eligible to win athletic pins a club must

a. Register with the Executive Secretary of the Girls' Branch of the Public Schools Athletic League, 500 Park Avenue (on blanks furnished by the League), not later than November 1, and begin practice not later than November 1 (unless by permission of the Games Committee).

b. Practice only sanctioned events.

II. INTER-CLASS (or inter-club) CHAMPIONSHIP GAMES (silver winged victory pins).

a. High School Championships shall be decided within the school by a series of games whereby each team of the school shall play each of the other teams entered in the school championships. The team winning the greatest number of games is the winner of the school championship. If more than four teams are entered, preliminary games should be played to pick the four strongest teams. For the six games in which each of these four teams play each of the others, a referee will be assigned by the Board of Education through the Girls' Branch.

b. Official Rules as specified under "Athletics Sanctioned for High Schools" shall govern contests.

c. All games shall be under the direction of an instructor (preferably physical training instructor) appointed by the principal.

d. The instructor in charge of the games shall arrange the schedule.

e. The games shall be played in the school building or ground, except in case there be no suitable space. In

this case another space may be secured, only on the consent and approval of the principal.

- f.* Notice of the proposed dates for games shall be sent to the Executive Secretary at least three weeks in advance. No games shall be held earlier than 3 P. M. unless by special arrangement.
- g.* All girls taking part shall be eligible according to Rule II.
- h.* **OFFICIALS:** Every game in a championship series must be under the direction of a Chief Official or referee assigned through the Girls' Branch. The other necessary officials shall be supplied by the school and shall be assigned to duty by the Chief Official. It shall be the duty of the Chief Official to decide all questions relating to the actual conduct of the game whose final settlement is not otherwise covered in the rules. The decision of this official shall be final and without appeal.
- i.* **COSTUME:** Gymnasium suits and shoes are strongly urged. Corsets and other unsuitable clothing should not be permitted.
- j.* **MARKING GROUNDS:** The floor or ground should be plainly and accurately marked before the hour of the game.
- k.* **GOOD SPORTSMANSHIP:** Players should be familiar with the rules of good sportsmanship and athletic courtesy which include how to lose with good grace; never to question the decision of an official; to applaud a defeated opponent, and to play the game for sport's sake rather than to win at all costs.
- l.* **SCORE:** The official score of the series shall be signed after each game by the Chief Official.
- m.* **PINS:** To secure the silver-winged victory pins it is necessary for the principal to take the following steps immediately at the close of the championship series:

1. Send the official score of the entire series together with a certified list of the members of the winning team who are eligible for pins to the Executive Secretary of the Girls' Branch.
2. Send to the Director of Physical Training, 500 Park Avenue, a requisition on the regular supply blank (together with its duplicate) calling for a number sufficient for the eligible candidates including the winning team, any of its substitutes who have taken part in any games in the series, and any teacher of the school who has had active charge of the coaching of the games.

It is customary for the awarding of pins or trophy (if there is one) to be made at assembly with some official of the League invited to be present and make the award. If there is a trophy the donor is invited as a guest of honor and requested to present the trophy in person.

Basket Ball and Loyalty

BY LUTHER H. GULICK, M.D.

A graduate of one of the more prominent Eastern women's colleges recently remarked that her college basket ball gave more opportunity for the development and expression of loyalty than did anything else in the college. She was not referring to loyalty to basket ball, but to loyalty to the basket ball team as an expression of the spirit of the class.

It is very possible that the girl in question was somewhat over-emphasizing that which she saw so clearly, but there does not appear to be much room for difference of opinion as to the fact that there is at present no avenue for the development and expression of loyalty to class or college which is as general as are athletics in some form. I do not mean that the love of athletics has such a grip on our student body that loyalty is developed thereby. I mean that when a class basket ball team competes with another team the loyalty to one's own class is tremendously stirred, deepened and given expression by the visible sign of the contest. It is the class which the team symbolizes that really excites the loyalty, but the team and the game are the necessary appeals to the sense, aiding in the development of loyalty.

Some years ago there was a great debating contest among the colleges of the State of Ohio. Loyalty to college in connection with these intercollegiate debates was nearly if not quite as enthusiastically expressed and devotedly felt as is loyalty to-day in connection with athletics. It is not the significance of the activity; it is not the effect upon the body which counts the most with reference to such facts as I have mentioned. These facts are moral in their nature. Basket ball has its deepest significance not because it may or may not bring health to the player, but because it affords a convenient and available means for the development and expression of loyalty.

We ordinarily contrast service with selfishness, altruism with egoism. The deeper test places loyalty as a supreme quality underlying all fine action. Loyalty is not some rare flower which is seen only in maturity, but, like all other qualities of body and soul, it shows itself first in modest form, and only by use and growth does it reach complete development.

Basket ball can be an effective means for cultivating the spirit of loyalty; it can be one of the agencies bringing about splendid power; it may be turned to other and larger directions later on. Basket ball may serve one of the larger ends of education, for education is not primarily the acquirement of facts or the securing of intellectual discipline; it is fundamentally the acquirement of those deeper, larger motives and conceptions of life which produce the educated and cultivated person.

I have spoken particularly of basket ball in colleges and women's colleges, but this is merely an illustration. Loyalty is equally significant, even though expressed in early form simply as loyalty to one's own club, social settlement or any other social aggregate, for it is loyalty which counts at first and not mainly that to which we are loyal.

Danger of Unsupervised Basket Ball

BY ELIZABETH WRIGHT,
Director of Physical Training, Radcliffe College.

While basket ball is an excellent game from every point of view, it is to be much deplored that within the last few years there has arisen a strong sentiment against it in the minds of a considerable number of parents and teachers. Each year not a few apparently strong athletic girls fail to come out for basket ball practice because they have been forbidden to do so by their parents. That the parents are often misguided in their decision by exaggerated accounts of injuries inflicted, or that they are indeed totally ignorant of the game, is undoubtedly true. On the other hand, the fact that such interdicts are becoming more and more usual is too significant to be overlooked.

It seems to be the fate of a sport which "takes" to pass quickly from a healthy to an excessive stage which threatens to kill it outright, unless some coercive measure is taken to turn it back within the bounds of moderation. So bicycling as a sport has largely passed, and so basket ball is in danger of passing.

Basket ball was one of the first, if not the first, vigorous team game to be played to any extent in this country by women. It was immediately popular, as it deserves to be. In many schools opportunities for play were given pupils, but with a fatal lack of foresight no adequate instruction was provided, and there was little or no intelligent supervision.

Girls were allowed to play without any sort of preliminary physical examination, the time of actual play was unrestricted, weak girls were not warned to take proper precautions, nor were the after-effects of playing taken serious account of. The hours allowed for practice were frequently ill-advised, coming directly after a long school session with perhaps no chance for luncheon or rest. In many cases, through ignorance or intentional disregard of the laws of hygiene, girls played when they should have been rigorously excluded from all violent exercise.

Naturally, the results were not far to seek, indeed, are not far to seek, for such abuses are not of the past only. We still have to contend with pathological conditions for which unwise basket ball playing is too largely responsible. Inadequate supervision or no supervision has been and is still the key-note to the difficulty. Players, parents and teachers must co-operate in an effort to secure proper professional supervision whenever and wherever the game is played, or basket ball with all its unrivaled possibilities for good may perish in disgrace, and only for the lack, so to speak, of "right bringing-up."

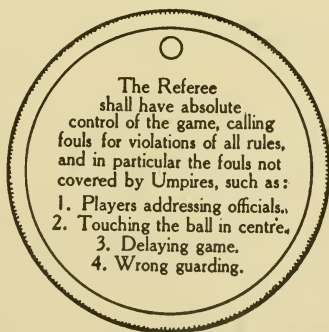
Basket Ball for the Student Body

BY JULIE ELLSBEE SULLIVAN.

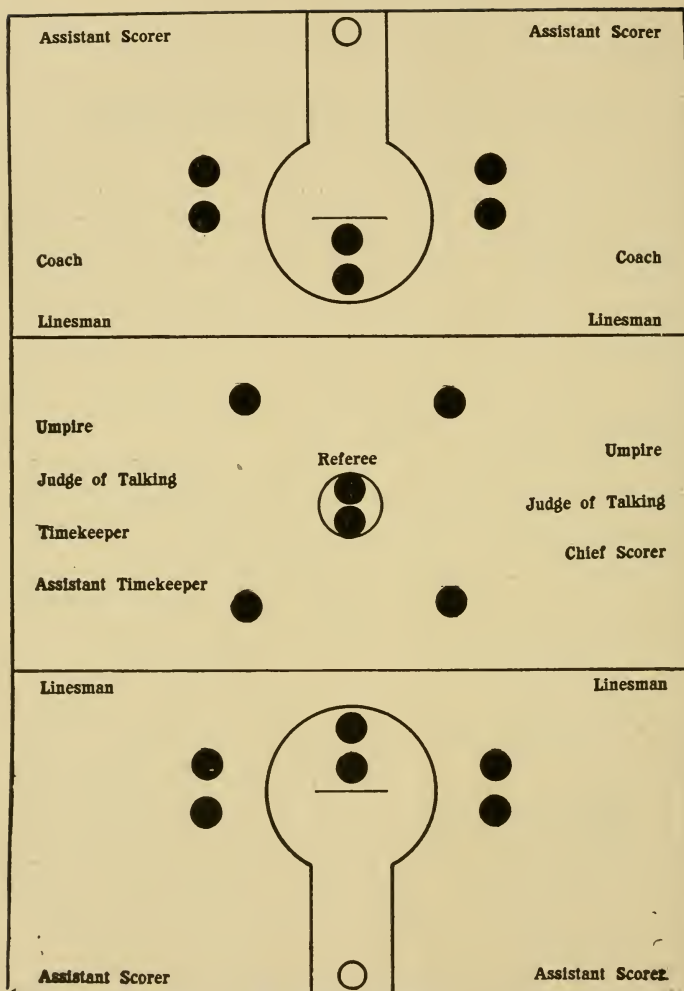
Every teacher of physical training has long realized the importance of basket ball as a team game for girls. A play leader knows how a team game subordinates self-interest, instils loyalty in the hearts of the players, develops cooperation, fosters altruism and cultivates a high sense of honor. Knowing the educational value of the game, the problem to the teacher has not been lack of equipment, for nearly every outdoor playground, as well as the indoor gymnasium, has a basket ball court. The difficulty has been that in large classes it has seemed impossible to teach the game to the entire class.

At my work at Manual Training High School and the Washington Irving High School, New York, I have adopted a plan whereby the girls themselves officiate, organize and coach their own game. Eighteen officiate and eighteen play.

The rules were printed on circular pieces of cardboard with a metal rim. On one side was printed the name of the official and on the other side her position and duties, as follows:



To this metal rim was attached a whistle, if the duties of the official called for such an implement. In the case of the time-



keepers a watch was used. For the scorers a pad and pencil was furnished. With this system eighteen are officiating and eighteen are playing. At the end of 3 minutes they change places, the officials being in one straight line, the players being in another straight line alongside of the officials, each of whom then passes her duties and implements to the girl who is her partner. When the class is larger than thirty-six it is a good plan to have two squads; one squad of thirty-six at basket ball, the other squad at the jumping rope, bowling, or whatever sport the squad leader knows well enough to manage. When the second eighteen players have finished the squads change places. Allowing three minutes for playing time, every girl in a class of seventy-two can play within fifteen minutes' time. This system teaches the girls the rules, and makes competent officials as well as players of them, and keeps thirty-six busy at a time.

The following is an outline of the necessary officials and their respective duties:

Referee (1).

The Referee shall have absolute control of the games and shall call fouls for the violation of all rules, and in particular the following not covered by the Umpires:

1. Players addressing officials.
2. Touching the ball in centre.
3. Delaying game.
4. Wrong guarding.

Umpires (2).

The Umpire shall take her place at either side of the field, calling fouls for the following:

1. Kicking or striking the ball.
2. Carrying the ball.
3. Bouncing the ball more than once or lower than the knee.
4. Holding the ball more than three seconds.
5. Tackling, holding or pushing opponents.
6. Juggling.
7. Handing the ball to another player.

Chief Scorer (1).

She shall take her place upon either side of the field, directly opposite the centre, and shall keep score for the game, scoring 2 points for a goal made from the field and 1 point for a goal made from a foul.

Assistant Scorers (4).

She shall take her place near a goal at either end of the field, and shall keep score only for the team whose basket she is near. Between the halves she changes baskets. A goal made from the field shall count 2 points; a goal made from a foul shall count 1 point.

Linesmen (4).

She shall take her place at either end of a field line, calling fouls for stepping over or on the field line with a portion of the body or with the clothing.

Judges of Talking (2).

She shall take her place at either side of the field, calling fouls for loud, boisterous shrieking, laughing or talking.

Timekeeper (1).

She shall take her place at either side of the field, shall note when the game starts and shall blow her whistle at the expiration of five minutes' actual playing time, or the amount of time agreed upon previously by captains and referee.

Assistant Timekeeper (1).

She shall take her place next to the Timekeeper and shall verify her record.

Coaches (2).

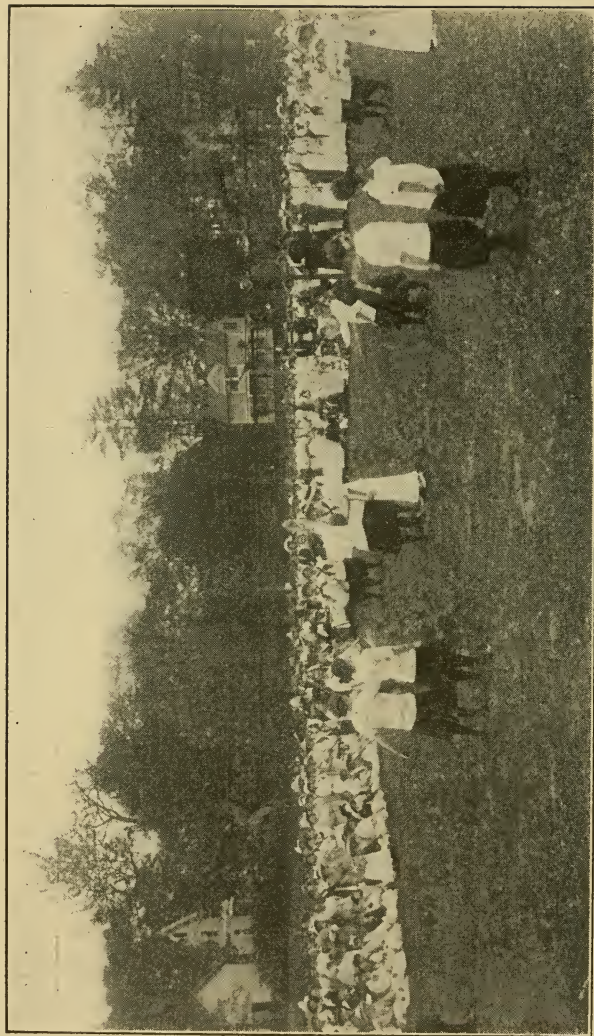
She shall coach the players of her class team while the game is in progress.

When the student has learned to love the game the three minute playing during each lesson is never enough. A basket

ball schedule of morning practice of five minutes for each class is a good thing. In framing up this schedule care should be taken that Class 1A, for instance, is not asked to report for morning training on the day that 1A comes for its regular gymnastic period. A schedule of afternoon practice, allowing fifteen minutes to each class after school on certain days, is likewise good, providing care is taken that Class 1A, for instance, is not asked to use the gymnasium on the day of its morning practice or either of the days of its regular gymnastic lesson. When this schedule is perfect each class has four days a week to play basket ball. At the Prospect Avenue annex the following schedule was used:

DAILY SCHEDULE.

		Monday	Tuesday	Wed'day	Thursday	Friday
Morning Schedule	8.30—8.35	1 A	1 F	2 A
	8.35—8.40	1 G	1 B	2 B
	8.40—8.45	1 E	1 H	2 C
	8.45—8.50	3 A	1 D	1 C	2 D
School Day's Work	9.00—9.45	2 B 2 D	1 H 1 F	1 A	1 F 1 H
	9.45—10.30	2 C 2 A	1 B 1 C	1 E	1 B 1 G	2 B
	10.30—11.00	S	T	U	D	Y
	11.00—11.45	1 D	3 A	3 A 2 C	1 C
	11.45—12.30	2 A 2 D
	12.30—1.00	L	U	N	C	H
	1.00—1.45	1 A 1 G
	1.45—2.30	1 G	1 D 1 E
Afternoon Schedule	2.30—2.45	1 B	1 D	3 A	2 A
	2.45—3.00	1 C	2 B	1 A	2 D
	3.00—3.15	1 E	1 G	1 F 1 H	2 C



BASKET BALL, SMITH COLLEGE, FIELD DAY.

Method of Scoring Basket Ball

Any coach who is interested in good basket ball should keep all scores in a uniform way, and preferably in a score book. Only in this way is it possible to keep track of the playing of your team—their propensity to make fouls, and the fouls they most commonly make. It also shows the good playing of your team members; if a forward makes many baskets and few fouls, she is a good player, and if a guard makes few fouls and she has prevented the opponents from making many baskets she is a good player. A score book also shows the *history* of the playing of the team. One can look back months or years and see whether such playing has improved and how it has improved. Below will be found a sample score page. It is planned after Dr. Gulick's excellent score book, but is changed somewhat to meet the women's rules and is perhaps a little easier to score. This method has been used for years at Smith College and has proved most satisfactory. The abbreviations may at first seem bewildering, but it is surprising how soon one becomes familiar with them. Let us take the scoring of the first half of the game on the sample score card. Ada Brown has made a goal from the field and a goal from the foul line. May Robinson made a goal from the foul line and missed a goal from the field and a goal from the foul line. Susan Smith made two fouls—one for holding the ball longer than three seconds and the other for pushing. Helen Peters made a foul for over-guarding. Fay Calhoun made one for walking and Eva Strong made one for snatching the ball out of an opponent's hands. The score at the end of the first half for 1914 was 4 points. It is also interesting to note how one is able to follow up the fouls of one team by goals or attempts at goals from the foul line. The following will show how easy it is to keep scores, and how essential it is for good basket ball. —S. B. A.

Class of 1914				Class of 1915			
Names of Players		First Half	Second Half	Names of Players		First Half	Second Half
Homes	Ada Brown	X ² X'	⊗ X' (w.)	Homes	Marion May	X ² ⊗ X' ⊗	(w.) ⊗ X' ⊗
	Mary Robinson	X' ⊗	X ² X ²		Lucy Evans	X' X'	(l.) X' ⊗ X'
Centers	Susan Smith	(h.b.) (p.)	(f.) (l.)	Centers	Jane Brice	(l.) (l.)	
	Helen Peters	(o.g.)	(l.)		Lily Bray		
Guards	Mary Calhoun	(w.)	(o.g.) (o.g.)	Guards	Bessie Bee		
	Eva Strong	(a.)	(g.r.)		Doris Day	(o.g.)	
		4	5			5	3

WHERE PLAYED: *N. H. S.* DATE: *Oct. 1, 1913* REFEREE: *Instructor*
 UMPIRE: *Senior* TIMEKEEPER: *Senior* SCORER: *Junior*
 LINESMEN: *Junior - Senior* WON BY: *Class of 1914* SCORE: *9-8*

Scoring—(x²) = goal from field; (x') = goal from a foul; (x in a circle) = missed free throw.

Fouls—(o. g.) over-guarding; (g. r.) guarding round; (g. w.) guarding wall; (bx.) boxing up; (h.) holding opponent; (p.) pushing opponent; (in.) interfering with progress of player; (w.) walking; (l.) line foul; (cr.) crossing 15 foot line; (h.b.) holding ball longer than three seconds; (s.) snatching ball; (b.) bouncing more than once; (b. l.) bouncing lower than knee; (3b.) three players on ball; (a.o.) addressing officials; (d.g.) delaying game; (3g.) three guarding fouls; (3l.) three line fouls.



ASHTABULA' COUNTY (OHIO) HIGH SCHOOL TEAM.



DURANGO (COL.) HIGH SCHOOL TEAM.



CLAYTON (NEW MEXICO) HIGH SCHOOL FIRST TEAM.



CLAYTON (NEW MEXICO) HIGH SCHOOL SECOND TEAM.



DECORAH HIGH SCHOOL TEAM.



"DIXIE QUEENS" TEAM, DECATUR, TEXAS.



ELBERT (COL.) TEAM.



EL PASO (TEXAS) HIGH SCHOOL TEAM.



FRANKFORT (MICH.) HIGH SCHOOL TEAM.



INDIAN LAKE (N. Y.) HIGH SCHOOL TEAM.



GOODING (IDAHO) HIGH SCHOOL TEAM.



JOHN TARLETON COLLEGE TEAM, STEPHENVILLE, TEXAS.



MEDFORD (ORE.) HIGH SCHOOL TEAM.



MONTE VISTA (COL.) TEAM.



MACON (MO.) HIGH SCHOOL TEAM.



MAGNOLIA SCHOOL, UNLIMITED TEAM, NEW ORLEANS P.S.A.L.



MCCOOK (NEB.) HIGH SCHOOL TEAM.



MONTROSE COUNTY (COL.) HIGH SCHOOL TEAM.



MT. WASHINGTON LYCEUM TEAM, PITTSBURGH, PA.



NEW MEXICO NORMAL SCHOOL TEAM, SILVER CITY, NEW MEXICO.



OLIVER AMES HIGH SCHOOL TEAM, NORTH EASTON, MASS.



RICHMOND (CAL.) UNION HIGH SCHOOL TEAM.



SARGENT NORMAL SCHOOL TEAM, 1912-13.



SEDGWICK COUNTY HIGH SCHOOL TEAM, JULESBURG, COL.



SIMMONS COLLEGE TEAM, ABILENE, TEXAS.



SOUTHWESTERN UNIVERSITY TEAM, GEORGETOWN, TEXAS.



TEXARKANA (TEXAS) HIGH SCHOOL TEAM.



TRANSYLVANIA UNIVERSITY TEAM, LEXINGTON, KY.



THOMAS SCHOOL TEAM, SAN ANTONIO, TEXAS.



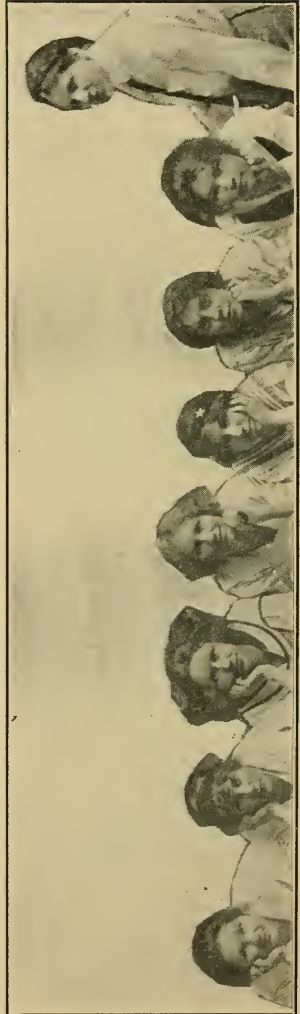
UNION HIGH SCHOOL TEAM, BRUSH, COLO.



UNIVERSITY OF LOUISVILLE TEAM.



UNIVERSITY PREPARATORY SCHOOL TEAM, TONKAWA, OKLA.



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The Spalding Official Basket Ball



**THE ONLY
OFFICIAL
BASKET BALL**

WE GUARANTEE

this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.

Owing to the superb quality of our No. M Basket Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

A. G. SPALDING & BROS.

OFFICIALLY ADOPTED AND STANDARD. The cover is made in four sections, with capless ends, and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. Extra heavy bladder made especially for this ball of extra quality pure Para rubber (not compounded). Each ball packed complete, in sealed box, with rawhide lace and lacing needle, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions, it is stipulated that this ball must be used in all match games of either men's or women's teams.

No. M. Spalding "Official" Basket Ball. Each, \$6.00

Extract from Men's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



Extract from

Official Collegiate Rule Book

The Spalding Official Basket Ball No. M is the official ball of the Intercollegiate Basket Ball Association, and must be used in all match games.



Extract from Women's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



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Spalding' Basket Balls



Spalding "Special" No. E

No. E. Imported pebble grain leather case. Extra heavy guaranteed pure Para rubber bladder (not compounded). Complete in box, with rawhide lace and lacing needle. Superior to any other except our No. M Official Ball.

Each, \$4.00

Spalding "Official" Basket Ball Goals

No. 80. Officially adopted and must be used in all match games. Pair, \$4.00

No. 90. This is the only drop forged goal made, to the best of our knowledge. We can guarantee that even under the heaviest and most severe use it will not break. Same size basket, and brace same length as on official goals. Extra heavy nets. This is the style goal that should be used in all large gymnasiums. Pair, \$5.00



No. 80

Extract from Official Rule Book

RULE III.—GOALS
Sec. 3. The goal made by A. G. Spalding & Bros. shall be the official goal.
Sec. 4. The official goal must be used in all match games.

Spalding Practice Goals

No. 70. Japanned Iron. Rings and Brackets. Complete with nets. Per pair, \$3.00

Spalding Nets, Separate, for Goals

Heavy twine; hand knitted; white. The same as supplied with No. 80 Goals. Per pair, 50c.

Spalding Bladders

Guaranteed Quality

Pure Para rubber (not compounded), and are guaranteed.

No. OM. For Nos. M and E balls. Each, \$1.50
No. A. For No. 18 ball. 1.00

Spalding Canvas Holder

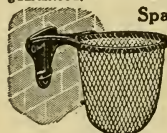
No. 01. For carrying an inflated basket ball. Each, \$1.00



Spalding "Practice" No. 18

No. 18. Good quality leather cover. Each ball complete in box with pure Para rubber bladder (not compounded), guaranteed; rawhide lace and lacing needle. Each, \$3.00

Spalding Detachable Basket Ball Goals



Pat. May 25, 1909

Fittings on No. 50 Goals

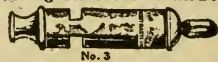


No. 50. Detached readily from the wall or upright, leaving no obstruction to interfere with other games or with general gymnasium work. Same size basket, and brace, same length as on official goals. Per pair, \$6.00

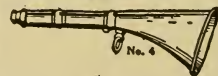
Spalding Referees' Whistles



No. 7



No. 3



No. 4



No. 2

No. 7. Nickel-plated, heavy metal whistle. The most satisfactory and loudest of any. Each, 50c.
No. 4. Horn Whistle, nickel-plated, heavy metal. " 75c.
No. 3. Nickel-plated, special deep tone. " 75c.
No. 2. Very reliable, popular design. " 25c.

Spalding Basket Ball Score Books

No. 1. Paper cover, 10 games. Each, 10c.
No. 2. Cloth cover, 25 games. " 25c.
No. A. Collegiate, paper cover, 10 games. " 10c.
No. B. Collegiate, cloth cover, 25 games. " 25c.

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Spalding Basket Ball Shoes

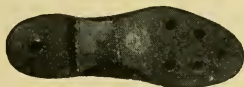
Spalding "Sprinting" Basket Ball Shoes

No. BBS. Made with flexible shank, on same principle as on "sprinting" base ball and foot ball shoes. Extremely light in weight, well finished inside. Improved patented pure gum thick rubber suction soles, with reinforced edges, absolutely guaranteed to give satisfaction with reasonable use. Lace extremely far down. Uppers of best quality black genuine kangaroo leather. Light, flexible and durable. Strictly bench made. Supplied on special order only, not carried in stock. Per pair, **\$8.00 ★ \$7.50 per pair.**

On orders for five pairs or more, price in italics, preceded by ★ will apply.



No. BBS



No. AB



SPECIAL NOTICE—In a game like basket ball, which is played generally on board floors, there is a strain on the feet altogether different from that in almost any other athletic game, and to support this strain, properly made shoes with leather uppers and correctly shaped soles are absolutely necessary. It is a fact that players on many teams wear canvas top shoes and we supply in our No. P shoes, listed below, absolutely the best canvas top basket ball shoes ever made, and the same style as worn by some very successful teams, but from our long experience in catering to athletes and watching closely, as we have done, the development of basket ball and its effects on the physical condition of players, we cannot consistently recommend canvas top shoes for any athletic use and especially not for basket ball.

No. AB. High cut, drab calf, Blucher cut; heavy suction soles, superior quality.

Per pair, **\$5.00**



No. BBL



No. BBL. Ladies'. High cut, black chrome leather, good quality suction soles.

Per pair, **\$4.50**



No. P



Spalding Special Canvas Top Basket Ball Shoes

Special quality soft rubber soles. These soles absolutely hold on the most slippery floor. Light weight, durable, correct in design

No. P. Per pair, **\$4.00 ★ \$43.20 Dozen pairs.**

On orders for five pairs or more, price in italics, preceded by ★ will apply.

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No. LU Suit



No. LU. One-piece Suit. Black, Green or Navy Blue, best quality worsted serge and any color braid or cord trimming. Pocket on blouse. This suit is of particularly good quality, will wear well and always look neat. . . . Per suit, \$10.00

Six or more, Suit, \$9.00

No. LUS Suit. Same as No. LU suit, except with regular sailor collar and silk scarf.

Per suit, \$10.00. *Six or more, Suit, \$9.00*
No. L100. One-piece Suit. Square neck and short sleeves. Black, Golden Brown or Navy Blue Sicilian cloth, with any color braid trimming. Pocket on blouse.

Per suit, \$7.00 *Six or more, Suit, \$6.25*

No. L100S Suit. Same as No. L100 Suit, except with regular sailor collar and silk scarf.

Per suit, \$7.00. *Six or more, Suit, \$6.25*

Any of above one-piece style suits will be furnished instead, in two-piece, without extra charge, if so ordered. Full length sleeves furnished on any suit, without extra charge, if so ordered. Both blouse and bloomers fasten in front.

When ordering any of these suits, give bust and waist measurements, and length of bloomers desired.



No. L100
Suit

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No. L102S

Black or Navy Blue denim, with White cord trimmings on collar and sleeves.

Per suit, **\$3.50** *Six or more, Suit, \$3.00*

No. L103SS Suit. Same as No. L103S Suit, except square sailor collar and half length sleeves.

Per suit, **\$3.50** *Six or more, Suit, \$3.00*

No. L103D One-piece Suit. Regular square cut, Dutch neck. Pocket in blouse. Short sleeves. Black or Navy Blue with White cord trimmings around neck and sleeves.

Per suit, **\$3.50** *Six or more, Suit, \$3.00*

Any one-piece suit will be furnished instead of two-piece, without extra charge, if so ordered. Full length sleeves furnished on any suit, without extra charge, if so ordered. On above suits (except No. CRI,) both blouse and bloomers fasten in front.

Mention style collar wanted when ordering, and give bust and waist measurements, and length of bloomers or skirt desired.

No. L102S Suit. Regular sailor collar, with White silk scarf. Full length or short sleeves. Pocket in blouse. Black or Navy Blue sateen.

Per suit, **\$4.50** *Six or more, Suit, \$4.00*

No. L102SS Suit. Same as No. L102S Suit, except square sailor collar.

Per suit, **\$4.50** *Six or more, Suit, \$4.00*

No. L102D Suit. Same as No. L102S Suit, except Dutch neck. . . Per suit, **\$4.50**

Six or more, Suit, \$4.00

No. CRI One-piece Suit. Round neck, blouse fastening on shoulder. Short sleeves. No pocket. Bloomers fasten in front. Navy Blue or Black cotton serge; any color braid or cord trimmings. Suit, **\$3.50** *Six or more, Suit, \$3.00*

No. L103S One-piece Suit. Regular sailor collar and scarf same color as suit. Pocket in blouse. Short sleeves.



No. L103S

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MADE BY LONDON'S BEST SPORTS TAILORS

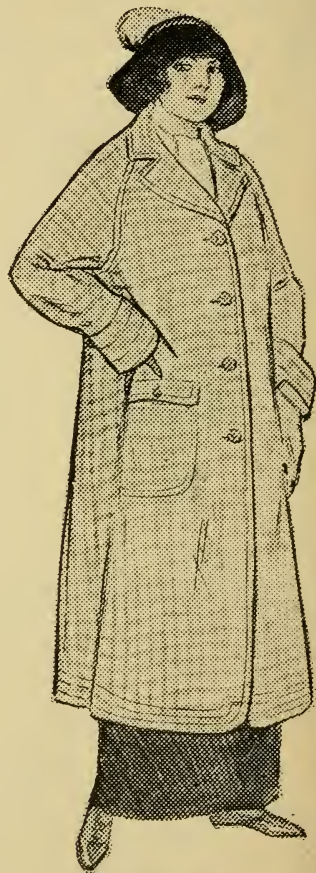
*For my Lady in the car,
For her Sister in the Sleigh,
For her Daughter at the Coliseum Game;
For Diana of the Hunt Club,
For the Queens of Winter Sport,
For the Matrons chaperoning of the same.*

At our Fifth Avenue store, New York—in the midst of the new shopping district—we have introduced a line of Country Life clothing, which we have called "Coverley Clothes," in honor of Sir Roger, the embodiment of the Country Life.

Made by the best tailors of Bond Street, they comprise Top-Coats, Capes, Angora Jackets, Rain Coats, and other garments suitable for Motoring, Golf, Tennis, Tramping, and all species of Outdoor enjoyment.

Of the best materials obtainable—Connemara Homespun, Scotch Fleeces, English Tweeds—Coverley Clothes represent the art of English tailors, who hold the premiership of the world in the designing of Country Life wear.

*Illustrated Coverley Catalogue
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SPALDING'S NEW ATHLETIC GOODS CATALOGUE

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. :: :: SEND FOR A FREE COPY.

SEE LIST OF SPALDING STORES ON INSIDE FRONT COVER OF THIS BOOK

- | | | | | |
|----------------------|----------------------------|---------------------------|---------------------------|------------------------|
| Ankle Brace, Skate | Emblems | Jackets— | Platforms, Striking Bag | Skate Bag |
| Ankle Supporter | Embroidery | Fencing | Poles— | Skate Keys |
| Athletic Library | Exercisers— | Foot Ball | Ski | Skate Rollers |
| Attachments | Elastic | Javelins | Vauling | Skate Straps |
| Chest Weight | Home | Jerseys | Polo, Roller, Goods | Skate Sundries |
| Bags— | Felt Letters | Knee Protectors | Protectors— | Ski |
| Caddy | Fencing Sticks | Knickerbockers, Foot Ball | Abdomen | Snow Shoes |
| Striking | Fighting Dummies | Lace, Foot Ball | Eye-glass | Sprint Lanes |
| Skate | Finger Protection, Hockey | Lacrosse Goods | Knicker, Field Hockey | Squash Goods |
| Balls— | Flags— | Ladies— | Indoor Base Ball | Standards— |
| Base | College | Fencing Goods | Knice | Vauling |
| Basket | Marking, Golf | Field Hockey Goods | Thumb, Basket Ball | Volley Ball |
| Field Hockey | Foil, Fencing | Gymnasium Shoes | Protection, Running Shoes | Straps— |
| Foot, College | Foot Balls— | Gymnasium Suits | Pucks, Hockey, Ice | For Three-Legged Race. |
| Foot, Rugby | Association | Skates, Ice | Push Ball | Skate |
| Foot, Soccer | College | Skates, Roller | Pushers, Chamois | Sticks, Roller Polo |
| Golf | Rugby | Skating Shoes | Quits. | Stockings |
| Hand | Foot Ball Clothing | Snow Shoes | Racks, Golf Ball | Stop Boards |
| Hurley | Foot Ball Goal Nets | Lanes for Sprints | Racquet, Squash | Striking Bag |
| Indoor Base | Foot Ball Timer | Leg Guards— | Rapiers, Fencing | Suits— |
| Lacrosse | Gloves— | Foot Ball | Relieve a Whistle | Base Ball, Indoor |
| Medicine | Boxing | Ice Hockey | Rings— | Gymnasium, Ladies |
| Playground | Fencing | Leotards | Exercising | Soccer |
| Polo, Roller | Golf | Letters— | Swinging | Swimming |
| Polo, Water | Hand Ball | Embroidered | Rowing Machines | Water Polo |
| Push | Hockey, Field | Felt | Sacks, for Sack Racing | Supporters— |
| Squash | Hockey, Ice | Liniment, "Mike Murphy" | Sandals, Snow Shoe | Wrist |
| Volley | Lacrosse | Masks— | Sandow Dumb Bells | Suspensories |
| Ball Cleaner, Golf | Goals— | Fencing | Scabbards, Skate | Sweaters |
| Bandages, Elastic | Basket Ball | Nose | Score Books— | Swivels, Striking Bags |
| Bar Bells | Foot Ball | Masseur, Abdominal | Basket Ball | Swords, Fencing |
| Bar Stalls | Hockey, Field | Mattresses, Gymnasium | Shin Guards— | Swords, Duelling |
| Bats— | Hockey, Ice | Mattresses, Wrestling | Association | Tackling Machine |
| Horizontal | Lacrosse | Megaphone | College | Take-Off Board |
| Parallel | Golf Clubs | Mits— | Field Hockey | Tape, Measuring, Steel |
| Bases, Indoor | Golf Sundries | Handball | Ice Hockey | Tees, Golf |
| Bats, Indoor | Gollette | Striking Bag | Shirts— | Tennis Posts, Indoor |
| Belts— | Athletic | Moccasins | Full | Lights— |
| Elastic | Golf | Monograms | Full | Full |
| Leather and Worsted | Gymnasium, Home | Mouthpiece, Foot Ball | Full | Full |
| Wrestling | Gymnasium Board, Hon. | Mufflers, Angora | Full | Full |
| Bladders— | Gymnasium, Home Outfits | Needle, Lacing | Full | Full |
| Basket Ball | Hammers, Athletic | Nets— | Full | Full |
| Fighting Dummy | Hangers for Dumb Bells | Basket Ball | Full | Full |
| Foot Ball | Hangers for Indian Clubs | Golf Driving | Full | Full |
| Striking Bag | Hats, University | Volley Ball | Full | Full |
| Blades, Fencing | Head Harness | Numbers, Competitors | Full | Full |
| Blankets, Foot Ball | Health Pull | Pads— | Full | Full |
| Caddy Baggies | Hob Nails | Chamois, Fencing | Full | Full |
| Caps— | Hockey Sticks, Ice | Foot Ball | Full | Full |
| Lacrosse | Hockey Sticks, Field | Wrestling | Full | Full |
| Outing | Holder, Basket Ball, Canva | Paint, Golf | Full | Full |
| Skull | Hole Cutter, Golf | Pants— | Full | Full |
| University | Hole Rim, Golf | Basket Ball | Full | Full |
| Water Polo | Horse, Vaulting | Boys' Knee | Full | Full |
| Chest Weights | Hurdles, Safety | Foot Ball, College | Full | Full |
| Circle, Seven-Foot | Hurley Sticks | Foot Ball, Rugby | Full | Full |
| Clock Golf | Indian Clubs | Hockey, Ice | Full | Full |
| Collarette, Knitted | Infilters— | Running | Full | Full |
| Cones, Running | Foot Ball | Pennants, College | Full | Full |
| Cross Bars, Vaulting | Striking Bag | Psistol, Starter's | Full | Full |
| Discus, Olympic | | Plastrons, Fencing | Full | Full |
| Discs— | | Plate— | Full | Full |
| Marking, Golf | | Teeing, Golf | Full | Full |
| Rubber, Golf Shoe | | | Full | Full |
| Diaks, Striking Bag | | | Full | Full |
| Dumb Bells | | | Full | Full |

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect July 5, 1913. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy. Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 14 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 14 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*
PRESIDENT

Standard Quality

An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-seven years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

SPALDING

ATHLETIC GOODS

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A separate book covers every Athletic Sport
and is Official and Standard
Price 10 cents each

GRAND PRIZE



ST. LOUIS, 1904



GRAND PRIZE



PARIS, 1900

SPALDING

ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE *and* RETAIL STORES *in the* FOLLOWING CITIES

NEW YORK	CHICAGO	ST. LOUIS
BOSTON	MILWAUKEE	KANSAS CITY
PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
BUFFALO	CLEVELAND	SEATTLE
SYRACUSE	COLUMBUS	PORTLAND
ROCHESTER	INDIANAPOLIS	MINNEAPOLIS
BALTIMORE	PITTSBURGH	ST. PAUL
WASHINGTON	ATLANTA	DENVER
LONDON, ENGLAND	LOUISVILLE	DALLAS
LIVERPOOL, ENGLAND	NEW ORLEANS	
BIRMINGHAM, ENGLAND	MONTREAL, CANADA	
MANCHESTER, ENGLAND	TORONTO, CANADA	
EDINBURGH, SCOTLAND	PARIS, FRANCE	
GLASGOW, SCOTLAND	SYDNEY, AUSTRALIA	

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding Trade-Marked Athletic Goods are made are located in the following cities

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.